THE LIGHTER PLATE METHOD

Good Night Chamomile Smoothie

A calm, faintly floral blend for winding down in the evening.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 1 banana
- 200 ml chamomile tea (brewed and cooled)
- 1 passion fruit (pulp only)
- water (to loosen)

Method

1. Blend the banana, chamomile tea and passion fruit pulp together.
2. Drink without straining, so you get the passion fruit seeds too.

Tips & swaps

- Best made about an hour before bed.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
110	**1g**	**27g**	**0g**	**4g**

Estimated values, for guidance only.