

## The Earl's Smoothie



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- Sub Category Name  
Drink  
Smoothies
- Recipe Source Name  
Grab & Go Concept Recipes

### Used Teas



t-Series The Original  
Earl Grey



Exceptional Elegant  
Earl Grey

### Ingredients

#### The Earl's Smoothie

- 100ml of Earl Grey tea
- 85g Plain Yoghurt
- 15ml Apricot Jam
- 10ml Honey
- 25ml of Milk

### Methods and Directions



### **The Earl's Smoothie**

- Brew 3g of Earl Grey tea to 200ml of boiling water for 5 minutes
- Strain the tea leaves
- Pour the tea & balance ingredients into the blender and mix for 2 minutes

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