Green Tea and Tropical Fruit Smoothie

From the teas.co.uk wiki

A bright breakfast smoothie that uses cold green tea as its base instead of juice or water. Brewing a strong, cool concentrate of Dragonfly Organic Pure Green Mountain gives the drink a light, fresh backbone and a gentle lift, under a thick blend of frozen banana, mango and Greek yoghurt. A spoon of matcha is an easy way to push the green tea further forward if you want it.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Green Tea and Tropical Fruit Smoothie recipe. Canonical: https://teas.co.uk/recipes/green-tea/green-tea-and-tropical-fruit-smoothie/*

Frozen fruit does the chilling and thickening, so there is no need to drown it in ice. You can brew the concentrate the night before and keep it in the fridge, which gets the whole thing down to a five-minute job in the morning.

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