Moringa Green Tea Breakfast Smoothie

From the teas.co.uk wiki

This is a proper green breakfast in a glass, with cooled moringa green tea standing in for some of the usual liquid. The tea brings a faint, clean lift behind the banana and avocado, which do the real work on texture: banana for sweetness, avocado for a thick, creamy body.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Moringa Green Tea Breakfast Smoothie recipe. Canonical: https://teas.co.uk/recipes/green-tea/moringa-green-tea-breakfast-smoothie/*

Spinach folds into the colour and disappears in the flavour, so even people who claim to dislike it never notice. Makes one tall glass.

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