

GREEN TEA SLUSH WITH APRICOT NECTAR

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7362&news_iv_ctrl=1123

Ingredients

- 3 cups prepared green tea (use decaffeinated if desired)
- 1 cup apricot nectar
- 1 cup crushed ice
- 1 Tbsp. honey

Directions

1. In blender or food processor, combine all ingredients and puree until smooth

Makes 4 servings

Nutritional information per serving (4 servings)

Calories: 51

Total fat: 0g

Saturated fat: 0g

Sodium: 2mg

Protein: 0g

Total carbohydrates: 13g

Dietary fiber: <1g



Wellness Center