



## **Ingredients**

- ✓ 1-2 fresh ripe apricots
- ✓ 1 ripe banana
- ✓ ½ cucumber, peeled and seeded
- ✓ 1 cup frozen mango chunks
- ✓ 1 Tbsp. chia seeds
- ✓ 1 cup cold strong brewed green tea
- ✓ 1 - 2 tsp. maple syrup (to taste)

## **Preparation**

Combine all ingredients in a blender and mix well.