



Mate Smoothies

If you like smoothies you can make a great MyTea Yerba Mate smoothie following these steps:

1. Brew MyTea Yerba Mate using a drip coffee maker.
2. Place 4 – 5 tea bags in the drip basket, add some natural mint leaves and run a full pot of water. The brew temperature and slow filtering process makes a delicious tea and concentrates the tea's nutrients into the brew.
3. Once the brew is finished, put the tea in a blender and add honey, fruit (especially blueberries, strawberries, banana, mango, and orange), low-fat ice cream or yogurt, and a few ice cubes. Let it run until you get a thick foam.

Have fun experimenting with your own variations!

Important Tip:

Never use boiling water to prepare your MyTea Yerba Mate. It can spoil mate's flavor and valuable nutrients. You can create the perfect temperature by adding a splash of cool water or a single ice cube per cup of boiling water immediately after pouring.