

# Nitro Fruit Tea Smoothie

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## Ingredients

500 ml water

20 g honey

3 × fruit tea (teabag)

70 g mango puree

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## Preparation

Brew water, honey and tea bags together in the fridge for 24 hours. Then pass through a coffee filter or kitchen roll into the ISI Nitro Whip, screw on 1 ISI Nitro Capsule and shake vigorously. Pour the mango puree in a tall glass and pour the Nitro Fruit Tea over it.

