

Iced Green Tea

Prep time: 12 min

Serves: 8

INGREDIENTS

4 cups of water

4 green tea bags

2 sprigs of fresh mint

¼ cup of honey

2 cups of ice

2 cups of cold water

Mint sprigs and sliced lemon for serving

Boil 4 cups of water in the saucepan

Remove boiling water from the heat, add the tea bags and 2 mint sprigs, cover the tea, and let it sit for 10 mins

Remove tea bags and mint, add the honey and stir it until it dissolves

Add the tea mixture, the water and the ice in a pitcher, and stir

Cool it, and serve with ice, mint sprigs and lemon slices



Nutrition Facts	
Serving size	per cup
Amount Per Serving	
Calories	30
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 5mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	