

Minty Lime Iced Green Tea

WRCC | RECIPE

Ingredients:

- 1 Green Tea Bag
- 1/2 Lime
- 2 Mint Leaves
- 8 oz Water
- Ice to chill



Prepare green tea according to package directions. (We heated water, just until it bubbled, not a rolling boil. Then we poured it over the green tea bag, let steep for 5 minutes and then removed the tea bag. While tea is steeping, juice $\frac{1}{2}$ of a small lime in a small dish. Add the mint leaves into the lime juice and muddle (press the leaves into the dish to release their healthful oils) slightly to release their oils. Once tea has cooled slightly, pour tea over ice, add in lime/mint juice. You can include the leaves or leave them out.

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CONTACT KAILAH TODAY FOR ANY DIETARY NEED.