

## Iced Green Tea With Ginger, Mint & Honey

Green tea is a rich source of antioxidant flavonoids. Swap out your soda for this anti-inflammatory refreshing beverage!

Makes 6-8 servings

### Ingredients:

6 cups of water

¼ cup fresh ginger, peeled and sliced

3 to 6 bags of green tea (depending on how strong you like it!)

½ cup mint leaves, tightly packed, plus extra to serve

1/3 cup of honey

1 lemon, divided

### Directions

- 1) In a medium sized pot, combine the water and ginger slices. Bring to a boil. Once the water boils, remove from heat and add the tea bags and mint leaves. Cover the pot and steep for about 15 minutes
- 2) Strain the brewed tea; separating the liquid from the mint leaves and tea bags. Mix in the honey and juice from half of the lemon into the tea. Transfer to a pitcher and cool to room temperature before refrigerating.
- 3) Slice the second half of the lemon. When ready to serve, add 1-2 lemon slices into each glass, along with a few mint leaves and ice cubes. Once the tea has cooled, pour it into the glasses and serve.

\*Note: if your bags of green tea have paper tags, remove before steeping.

