

Iced Green Tea With Ginger and Mint (From Real Simple Magazine)

Serves 6

Hands-On Time: 20m

Total Time: 1hr 00m

Ingredients

- 3 ounces ginger, unpeeled and sliced
- 1 cup mint leaves
- 6 green-tea bags
- ½ cup honey
- 2 tablespoons lemon juice



Directions

1. In a large saucepan over high heat, combine the ginger and 6 cups of water and bring to a boil. Remove from heat and add the mint and tea bags. Cover and let steep for 15 minutes.
2. Strain the liquid into a large pitcher or other container. Add the honey and lemon juice; stir.
3. Chill in the refrigerator. Serve in tall glasses over ice cubes and more mint leaves.

Tip

To frost glasses, dip the rims in water, then coarse sugar crystals.

Nutritional Information

Calcium 2mg; Calories 87; Calories From Fat 0%; Carbohydrate 24g; Cholesterol 0mg; Fat 0g; Fiber 0g; Iron 0mg; Protein 0mg; Sat Fat 0g; Sodium 1mg

[Back to Recipes on Kathy's Healthy Living](#)

If you are prompted to give permission to get back, please Allow.