

Raspberry Mint Iced Green Tea

Servings

2

Time

Prep Time 0 mins
Total Time 0 mins



Meal Type

Breakfast, Lunch, Snack, Side

Contributed By

LivingPlateRx

Source

Living Plate

Ingredients

- 2 strawberries, *washed and hulled*
- 8 raspberries, *washed*
- 8 mint leaves
- 2 cups green tea, *brewed and cooled*
- 1 lime, *sliced*
- 1 cup ice

Directions

Prep

1. Wash fruit and mint.
2. Slice 1/2 the lime and cut the balance into wedges for squeezing.
3. Brew green tea.

Make

1. Place berries and mint leaves in a glass and smash with a wooden spoon until chunky.
2. Add ice to glass.
3. Add tea and top with some sparkling water if desired.
4. Squeeze lime juice in glass and garnish with lime slices.

Notes

Use any type of soft fruit as a base - blueberries, citrus flesh, etc. - and mix up the herbs and type of tea. Endless possibilities here! One of our favorites = strawberries + basil + lemon.