

Beverage

Minty Green Iced Tea

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1/2 cup mint leaves
3 green tea bags
2 tablespoons honey
4 cups boiling water
mint leaves (for garnish)

In a pitcher, combine the mint, tea bags, honey and boiling water.

Steep for 5 minutes. Remove the tea bags.

Chill.

Divide among ice-filled glasses.

Garnish with mint leaves, if desired.

Per Serving (excluding unknown items): 149 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 39g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 1/2 Vegetable; 2 1/2 Other Carbohydrates.