



Green Tea Lemonade with Cucumber & Mint (4 servings)

Ingredients

4 cups filtered water

1 cup fresh lemon juice (*approx. 4 lemons*)

1/2 cup raw honey

4 bags green tea

8 mint leaves

1/4 cup cucumber - *diced*

Preparation

- Heat water in a medium saucepan until steaming hot.
- Add green tea bags to hot water, allow to steep 3-5 minutes depending on desired strength.
- Remove tea bags and add honey, stir until honey is dissolved.
- Pour into a pitcher and refrigerate for 30 minutes until cool.
- Stir lemon juice into tea mixture and blend well.
- Muddle the cucumber and mint in 2 Tbsps of filtered water.
- Use a strainer to pour juice from muddled mixture into lemonade.
- Stir well, and chill for 1 hour.
- Serve over ice and garnish with mint and sliced cucumber.

