

Iced Tea with Lemon and Mint

Ingredients

- 4 Tea Bags
- 2 cups water
- 4 teaspoons of honey, Xylitol or Stevia to taste
- 3 teaspoons of lemon juice
- 2 cups filtered water
- Ice Cubes
- Lemon slice
- Mint Leaves

Method

1. Make up 1 cup of tea using all 4 teabags
2. Infuse for 3-4 minutes
3. Remove tea bags
4. Allow to cool
5. Pour tea into a large jug and add 4 teaspoons of honey, 2 teaspoons of Xylitol, 6 drops of Stevia extract or the sweetener of your choice to your desired taste
6. Add 3 teaspoons lemon juice and stir to dissolve
7. Pour over 2 cups cool filtered water
8. Chill in the refrigerator

To Serve

Serve in a tall slim glass with ice cubes and garnished with a twisted slice of lemon and mint leaves. You can leave the whole stem of leaves in a tall glass – it looks fantastic and no straining is required.