



Iced Green Tea Mojito



4 servings



20 minutes

INGREDIENTS

- 2 cups (500 ml) green tea, frozen in ice-cube trays
- 2 tablespoons of raw honey or your sweetener of choice (adjust to taste)
- 1 small handful mint
- Juice of 1 lime
- 2 cups (500 ml) coconut water
- $\frac{1}{2}$ Lebanese cucumber (or $\frac{1}{4}$ English cucumber), sliced
- 1 tablespoon chia seeds (Optional)
- 1 teaspoon aloe vera juice
- Lime wedges for garnishing
- Reserve some mint sprigs for garnishing

NOTES

Steeping green tea in boiling water scorches the tea leaves and makes them bitter. A good rule of thumb is to let boiled water stand for about 10 minutes before steeping your green tea.

If you don't want to wait for ice cubes to set, just use the cooled green tea as liquid.

DIRECTIONS

1. First, prepare your green tea. Steep the tea bags in hot water (just short of boiling), then set aside and let cool & freeze into ice cube trays.
2. Gather the mint, lime juice, and honey together in a pitcher or jar and muddle lightly until the leaves bruise and release their flavors.
3. Add ice & cucumber before pouring the coconut water. Add the chia seeds and aloe vera then stir well.
4. Set aside for 10 minutes to allow to thicken.
5. Then enjoy with garnishing's of mint and lime wedges.

Time to prepare: 20 minutes

My Wellness Whisk