

Green Tea Lemonade



Servings: 4

For The Green Tea:

2 cups boiling water

2 bags green tea

2 tablespoons honey

For The Lemonade:

2 cups cold water

1/4 cup lemon juice

ice

For the Green Tea:

Add 2 green tea bags to 2 cups of boiling water. Let steep for 5 minutes. Remove the tea bags and discard. Stir in the honey until combined.

For the Lemonade:

In a pitcher blend together cold water and lemon juice.

Add the green tea to the pitcher and stir to combine.

Serve in a glass over ice.

Per Serving (excluding unknown items): 35 Calories; trace Fat (0.8% calories from fat); trace Protein; 10g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 10mg Sodium; 9g Total Sugars; 0mcg Vitamin D; 9mg Calcium; trace Iron; 21mg Potassium; 2mg Phosphorus. Exchanges: .