

FRESHLY BREWED ICE TEA WITH FRESH MINT

Servings: 6 • **Serving Size:** 1 cup • **Calories:** 3 • **Fat:** 0 g • **Protein:** 0 g • **Carb:** 0.8 g • **Fiber:** 0 g • **Sugar:** 0.2 g **Sodium** 0.1 mg

INGREDIENTS:

- ✓ 6 tea bags of your choice
- ✓ 6 cups water
- ✓ a few sprigs of mint leaves
- ✓ one lemon, sliced, for serving



DIRECTIONS:

Boil 2 cups of water, **add** 6 tea bags to boiling water and let the tea steep for about 15 minutes without moving; if you are making sweet tea add sweetener.

Discard tea bags (do not squeeze or tea will be bitter) and **combine** with remaining cold water and fresh mint. **Refrigerate. Serve** over ice with fresh lemon.

Found on: skinnytaste.com