



HOMEMADE ICED TEA

summer sips in sixty seconds!

Iced tea is perfectly refreshing on a hot summer day. Making your own iced tea is easy and affordable, and you can sweeten it on your own so you are in control of the sugar that's added! Add lemon slices for flavor and detoxing benefits! Remember that you can always make the batch of iced tea unsweetened and sweeten it as you enjoy your glass if you prefer.



INGREDIENTS

8 cups water
¾ cup sweetener of choice (optional for sweet tea)
4 family sized tea bags (or 8 regular sized tea bags)
lemon slices

PROCEDURE

- Bring water to a boil.
- Add sweetener and stir until dissolved (only if you are making sweet iced tea).
- Transfer to a container or pitcher with tea bags and lemon slices. Stir and allow to steep 5–10 minutes.
- Remove tea bags and chill in the fridge for a few hours.
- Serve over ice!

NUTRITION* per 8 oz glass (yields 8):
0 calories | 0g carbs | 0g fat | 0g protein

*Nutrition calculated using stevia as the sweetener



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