

Minty iced tea



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SERVES 1

Typical values per portion: Energy 84 kJ / 20 Kcal

INGREDIENTS:

1 Good & Proper peppermint teabag
220ml boiling water
3 slices lime
3 slices cucumber
1 cup of ice
1 strig fresh mint

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METHOD:

1. Add the slice lime and the peppermint teabag to a cup and top up with boiling water.
2. Let tea brew for 3 minutes.
3. Add the cucumber slices to the vessel full of ice.
4. Pour tea on top of ice.
5. Add the fresh mint.
6. Serve and enjoy.