

Green Tea Cooler with Fresh Mint

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/green-tea-cooler-with-fresh-mint.html>

Ingredients

- 8 (6-inch) mint sprigs
- 4 green tea bags
- 1 1/3 cups apple cider, refrigerated
- 4 Tbsp. fresh lime juice
- 4 mint sprigs for garnish
- 4 lime wedges, for garnish

Directions

1. In heatproof pitcher or container, combine mint and tea bags.
2. In medium saucepan, heat 4 cups water until bubbles start to form around edge of pot. If possible, use instant-read thermometer to tell when water is 180 degrees F.
3. Pour hot water over mint and tea in pitcher. Steep for 6 minutes. Discard tea bags, leaving mint in pitcher. Cool tea to room temperature. Cover and refrigerate tea with mint for 4 to 24 hours.
4. Just before serving, add cider and lime juice to chilled tea. Pour tea into 4 tall, narrow glasses. Garnish each glass with mint spring and lime wedge.

Makes 4 servings (about 12 ounces each.)

Nutritional Information

Calories: 43	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 3 mg
Saturated Fat: 0 g	Protein: 0 g
Cholesterol:	Carbohydrates: 11 g

