

Iced Coconut Lime Green Tea

Amy Symington

Preparation Time: 10 minutes

6 servings

Ingredients

3 cups (750 ml) steeped and chilled green tea
1/8 tsp stevia (optional; stir into tea while it's hot)* **OR**
1 tbsp (15 ml) maple syrup (optional)
1 L coconut water, unsweetened
4 sprigs (10 g) mint leaves
2 tsp (4 g) lime zest
2 tbsp (30 ml) fresh lime juice
2 cups (250 g) frozen strawberries

Garnish

6 lime slices
6 mint leaves

Directions

1. In a large punch bowl or pitcher(s), combine all ingredients. Refrigerate if not serving immediately.
2. When ready to serve, in a fancy glass filled with ice, pour tea and garnish with mint leaves and lime slices.

Nutritional Information (using maple syrup)

Nutrition Facts	
Valeur nutritive	
Per 1 1/3 cups (325 mL)	
par 1 1/3 tasses (325 mL)	
Calories 60	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Omega-3 / oméga-3 0 g	
Carbohydrate / Glucides 15 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 11 g	11 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 45 mg	2 %
Potassium 400 mg	9 %
Calcium 30 mg	2 %
Iron / Fer 0.4 mg	2 %
Vitamin A / Vitamine A 0 mcg	0 %
Vitamin C / Vitamine C 39 mg	43 %
Vitamin E / Vitamine E 0 mg	0 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	