

Portion size: 2 Cups

Gingered Green Tea with Orange

Double infusion of ginger and green tea

Yield: 6 servings

| | |
|--------|---------------------|
| 6 Cups | Hot Water |
| ¼ Cup | Ginger Root |
| 6 Each | Green Tea Bag |
| 1 Cup | Fresh Orange Juice |
| 6 Each | Fresh Orange Slices |
| 8 Cups | Ice Cubes |



Place water in pot. Wash ginger well, no need to peel, and slice thinly. Add ginger to pot with water and bring to a boil. Remove from heat and steep for 15 minutes. Remove ginger slices, bring water to a simmer and add tea bags. Remove from heat and steep for 3-5 minutes. Remove bags and chill. Add orange juice and orange slices. Serve over ice.

Chef's Notes: Can be sweetened with sugar or honey.

Calories (kcal)

Protein (g)

Carbohydrate (g)

Total Fat (g)

Cholesterol (mg)

Sodium (mg)

Sat Fat (g)

Dietary Fiber (g)

32.5

0.7

7.6

0.1

0

13.8

0

0.6