

Portion size: 2 Cups

Iced Strawberry Green Tea

Green tea blended with pureed strawberries and lightly sweetened

Yield: 6 servings

5 ½ Cups Hot Water
 6 Each Green Tea Bag
 1/4 Cup Granulated Sugar
 12 oz Whole Strawberries, Frozen
 8 Cups Ice Cubes



Brew tea in hot water for 3-4 minutes. Remove bags and add sugar; stir to dissolve. Chill. Place strawberries in blender and puree until smooth (use brewed tea if liquid is needed in the blender). Strain through a fine mesh strainer, discard pulp. Add the strawberry juice to the chilled tea and serve over ice.

Chef's Notes: Garnish with fresh strawberries. Other berries and fruits may be used.

Calories (kcal)

54.3

Protein (g)

0.4

Carbohydrate (g)

13.9

Total Fat (g)

0.1

Cholesterol (mg)

0

Sodium (mg)

8.2

Sat Fat (g)

0

Dietary Fiber (g)

1.3