

Strawberry-Mango Mint Tea



Serves 6, 25 cal's per serve

6 whole Green Tea, *bags (white tea preferred)*
6 cup Water, *boiled, still hot*
1 cup Strawberries, *sliced*
1 cup Mango, *diced*
1 cup Mint Leaves, *chopped*

Boil 6 cups of hot water. Steep the white tea for 20-30 minutes, remove the tea bags, and then allow the tea to cool completely. This will take at least two hours in the refrigerator.

Stir in the strawberries, mango and mint. Allow the tea to sit for at least 2 hours, up to 12 hours. The longer it sits before serving, the sweeter and stronger the fruit flavours in the tea become.

Add ice to your jar/pitcher and give it a quick stir before serving.