Mint Iced Tea
in a new light

Makes: 8 servings
Prep Time: 10 minutes
Cook Time: 5 minutes
Difficulty: Easy

Ingredients:
- 2 quarts water
- 6 tea bags
- 3 tablespoons agave nectar
- 4 mint sprigs, slightly crushed
- Orange or lemon slices for serving

Directions:
Bring 4 cups of water to a boil in a large saucepan. Remove from the heat. Add tea bags and steep 3–5 minutes. Remove teabags and pour the mixture into a 2-quart pitcher. Stir in 4 cups of cold water, mint sprigs, and agave nectar. Serve over ice with orange or lemon slices if desired.

Nutritional Information: Per serving (1 cup): 25 calories, 0 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 6 g carbohydrate, 0 g fiber, 0 g protein.