
Decaf Green Tea with Fresh Mint

My own concoction



2 quarts water

4 whole teabags, green tea, decaf or regular

1 bunch fresh mint

Optional: 1/3 cup Splenda if you like sweetened tea

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 8

Note: I use Trader Joe's decaf green tea, but any green tea or decaf green tea will work just fine.

1. Bring water to a boil and remove from heat.
2. In a glass or plastic container place the tea bags and mint. Pour the just-below boiling water over the tea/mint. Allow to sit for 1-2 hours until it's cooled to room temp.
3. Remove the tea bags and mint and pour into a pitcher, cover and chill. Add sugar or Splenda, if desired.

Per Serving (excluding unknown items): trace Calories; trace Fat (12.2% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Vegetable.