

PEACH FLAVORED ICED GREEN TEA
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Ingredients:

- 3 ripe peaches, pitted and sliced (substitute with canned peaches)
- 6 green tea bags
- 6 cups of water
- Honey, to taste (substitute with sugar)
- 1 lemon, juiced
- 6 sprigs of fresh mint (optional garnish)

Directions:

- Bring 6 cups of water to boil.
- In a sauce pan, pour boiling water over tea bags and peaches. Let stand for about 5 minutes.
- Strain tea into a heat-safe pitcher and save peaches for garnish.
- Stir in lemon juice and add honey (or sugar) to taste.
- Allow tea to cool before refrigerating. Place peaches for garnish in refrigerator also.
- When serving, fill tall glass with ice and place a few chilled peaches in glass as garnishment.
- Pour chilled tea in glass and add a few sprigs of mint on top.
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.