



Eat Well

Raspberry Green Iced Tea

Directions

Bring one quart of water to a boil. Stir in honey. Add tea bags and raspberries and immediately remove from heat. After 8-10 minutes, remove tea bags and transfer mixture to a pitcher. Add remaining quart of cold water and serve over ice.

Ingredients

- » 8 cups water
- » 8 green tea bags
- » 1 pint fresh raspberries
- » 3/4 cup honey

Nutrition information per serving:
Calories 116.9, Sodium 11.2 mg*,
Sugars 27.8 grams.

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