

CHIA LEMON

ICED TEA

Black tea flavored with lemon and lightly sweetened with chia seeds

Portion: 2 cups

Yields: 6



INGREDIENTS:

6 cups	Hot Water	6 Tbsp	Fresh Lemon Juice
6 each	Black Tea Bag	3 Tbsp	Chia Seeds
1/4 cup	Granulated Sugar	8 cups	Ice Cubes

METHOD:

Brew tea in hot water for 3-4 minutes. Remove bags and add sugar; stir to dissolve. When cool, add fresh lemon juice and chia seeds. Stir before pouring to ensure even distribution of chia seeds.

CALORIES: 70

TOTAL FAT (g): 2.5

SATURATED FAT (g): 0

TOTAL CARB (g): 13

PROTEIN (g): 1

DIETARY FIBER (g): 3

SODIUM (mg): 15

CHEF'S NOTES:

Garnish with lemon slices.

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GINGERED GREEN TEA

WITH ORANGE

Portion: 2 cups
Yields: 6

Double infusion of ginger and green tea



CALORIES: 35
TOTAL FAT (g): 0
SATURATED FAT (g): 0
TOTAL CARB (g): 8
PROTEIN (g): <1
DIETARY FIBER (g): <1
SODIUM (mg): 15

INGREDIENTS:

6 cups	Hot Water	1 cup	Fresh Orange Juice
1/4 cup	Ginger Root	6 each	Fresh Orange Slices
6 each	Green Tea Bag	8 cups	Ice Cubes

METHOD:

Place water in pot. Wash ginger well, no need to peel, and slice thinly. Add ginger to pot with water and bring to a boil. Remove from heat and steep for 15 minutes. Remove ginger slices, bring water to a simmer and add tea bags. Remove from heat and steep for 3-5 minutes. Remove bags and chill. Add orange juice and orange slices. Serve over ice.

CHEF'S NOTES:

Can be sweetened with sugar or honey.

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ICED STRAWBERRY GREEN TEA

Portion: 2 cups
Yields: 6

Green tea blended with pureed strawberries and lightly sweetened



INGREDIENTS:

5 1/2 cups	Hot Water	12 oz	Whole Strawberries, Frozen
6 each	Green Tea Bag	8 cups	Ice Cubes
1/4 cup	Granulated Sugar		

METHOD:

Brew tea in hot water for 3-4 minutes. Remove bags and add sugar; stir to dissolve. Chill.
Place strawberries in blender and puree until smooth (use brewed tea if liquid is needed in the blender).
Strain through a fine mesh strainer, discard pulp. Add the strawberry juice to the chilled tea and serve over ice.

CALORIES: 55

TOTAL FAT (g): 0

SATURATED FAT (g): 0

TOTAL CARB (g): 14

PROTEIN (g): 0

DIETARY FIBER (g): 1

SODIUM (mg): 10

CHEF'S NOTES:

Garnish with fresh strawberries. Other berries and fruits may be used.

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