



be more tea

Iced Tea Makes Everything Cooler

When the weather's warm and the days are long, these crowd-pleasing, better-for-you iced tea recipes will help you beat the heat!



Mega Mint Iced Tea

6 servings **Prep Time: 5 minutes** **Brew Time: 5 minutes**

4 cups water

2 **Lipton**® Iced Tea Brew Family Size Tea Bags or 6 **Lipton**® Black Tea bags

1 cup loosely packed fresh mint leaves

2 cups ice water

Pour boiling water over **Lipton**® Iced Tea Brew Family Size Tea Bags and mint. Brew 5 minutes. Remove tea bags and mint. Stir in ice water and chill until ready to serve. Serve in ice-filled glasses and sweeten as desired.

Nutrition Information per serving: 5 Calories, 0g Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 10mg Sodium, 1g Carbohydrates, 0g Fiber, 0g Sugars, 0g Protein. %DV: 4% Vitamin A, 2% Vitamin C, 2% Calcium, 2% Iron

Citrus-Thyme Iced Tea

6 servings Prep Time: 5 minutes
Brew Time: 5 minutes

- 4 cups boiling water
- 2 **Lipton**® Iced Tea Brew Family Size Tea Bags or 6 **Lipton**® Black Tea bags
- 1 tsp. fresh thyme
- 1 cup orange juice
- ¾ cup water
- 2 Tbsp. lemon juice
- 2 Tbsp. lime juice



Pour 4 cups boiling water over **Lipton**® Iced Tea Brew Family Size Tea Bags and thyme. Brew 5 minutes. Remove tea bags and thyme.

Stir in remaining ingredients and chill until ready to serve. Serve in ice-filled glasses and sweeten as desired.

Nutrition Information per serving: 25 Calories, 0g Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 5mg Sodium, 6g Carbohydrates, 0g Fiber, 4g Sugars, 0g Protein. %DV: 0% Vitamin A, 30% Vitamin C, 2% Calcium, 0% Iron

Basil Mojito Iced Tea



6 servings Prep Time: 5 minutes
Brew Time: 5 minutes

- 4 cups water
- 2 **Lipton**® Iced Tea Brew Family Size Tea Bags or 6 **Lipton**® Black Tea bags
- ¼ cup sugar
- 4 sprigs fresh basil leaves
- ¼ cup lime juice
- 2 cups chilled seltzer



Pour boiling water over **Lipton**® Iced Tea Brew Family Size Tea Bags. Brew 5 minutes. Remove tea bags and squeeze; cool 20 minutes.

Add sugar and basil into 2-quart pitcher and thoroughly crush with wooden spoon. Stir in brewed tea and lime juice. Chill until ready to serve. Just before serving, stir in seltzer. Pour into ice-filled glasses and sweeten as desired.

Nutrition Information per serving: 35 Calories, 0g Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 5mg Sodium, 9g Carbohydrates, 0g Fiber, 9g Sugars, 0g Protein. %DV: 0% Vitamin A, 6% Vitamin C, 0% Calcium, 0% Iron