

Iced Green Tea with Blueberries, Mint, and Ginger

Ingredients:

- 1 quart jar
- $\frac{1}{2}$ cup (heaping) blueberries (or any berry of your choice)
- 6 mint leaves
- 4 slices ginger (no need to peel)
- 2 bags green tea
- Boiling water
- Sweetener (optional)

Instructions:

1. Prepare the Ingredients:

- Place the blueberries, mint leaves, and ginger slices in the quart jar.

2. Add the Tea Bags:

- Hang the tea bags on the side of the jar.

3. Add Boiling Water:

- Pour boiling water into the jar until it reaches the rim.

4. Steep the Tea:

- Let the tea steep for 15 minutes.

5. Remove the Tea Bags:

- Carefully remove the tea bags, making sure to squeeze all the liquid out of them.

- Sweeten the tea if desired and stir well.

6. Cool and Refrigerate:

- Allow the tea to cool down completely.

- Cover the jar and refrigerate for at least 3 hours.

7. Serve:

- Fill a glass with ice.

- Pour the tea through a strainer into the glass and serve.

Enjoy this refreshing iced green tea as many times a day as you like! The tea will stay fresh in the refrigerator for up to 3 days.