

Iced Green Tea with Blueberries, Mint, and Ginger

Ingredients:

- 1 quart jar
- ½ 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.