

## Apple Green Tea Sparkler

### Ingredients

- 1 apple, juiced
- ½ cup brewed green tea, chilled
- ¼ cup sparkling mineral water
- 1 teaspoon vanilla Stevia
- Pinch of cinnamon

### Directions

1. Combine juice of 1 apple, green tea, cinnamon, and vanilla Stevia together.
2. Add crushed ice and sparkling mineral water.
3. Garnish with apple curls and lemon wedge.

Makes 1 serving (1 fruit)
0 protein
0 fat
60 calories

### HCG Diet Tip

Mix teas such as green tea, mint, or vanilla Yerba Mate together to make a new flavour. Brew very strong and serve over ice with lemon slices and Stevia for a cool treat during the summer. You can also make them into ice pops for a refreshing dessert treat.



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