

Iced Tea

Ingredients

- 6 ounces of hot water per serving
- Stevia to taste

Your choice of tea:

- Green
- Yerba mate
- Chamomile
- Mint
- Fruit flavoured
- Chai spice
- Cranberry

Makes 1 serving
0 protein
0 fat
0 calories

HCG Diet Tip

Keep bags of tea in your bag, pocket, or car for on the go drinks or to take to restaurants. Add hot water for hot tea, or carry iced versions of the recommended teas in a cooler or chiller bottle. You can use these to flavour your iced tea or make your own homemade lemonade by asking the waiter for a plate of lemon wedges on the side.



Directions

1. Brew your choice of tea in hot water.
2. Brew the tea a little strong.
3. Chill in the refrigerator and then serve over ice or mix with 3 ounces of sparkling mineral water to make a soda.
4. Add Stevia to taste and garnish with mint leaves or lemon slices.



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