



## GREEN ICED TEA PEAR-MINT

A refreshing iced tea is always a good idea! We mixed green tea with pear juice, added some fresh mint and let it cool down. The result: this delicious, low-carb iced tea that's really easy to make! Don't believe us? Try for yourself!

### INGREDIENTS

#### For 1 L:

2 bags of green tea  
300 ml pear juice  
700 ml hot water  
3-4 stalks of mint

### PREPARATION

Wash the mint and put it on the fruit skewer of the SUND glass carafe. Fill the carafe with hot water and put the tea bags in. Let them infuse for 2-3 minutes and then take them out. Add the pear juice, put the skewer with the mint inside the carafe and then let the tea cool down in the refrigerator for at least two hours. Serve the iced tea with some ice cubes.

Tipp: If you replace the mint with cinnamon in the warm tea, you get the delicious green-pear-cinnamon-tea - perfect for autumn and winter!

# boddels®

You can find more recipes for infused water, smoothies, teas and other healthy drinks on [www.boddels.com](http://www.boddels.com)