

Summer drinks Recipes

Week 2: Iced Mint Green Tea

Fluid Fact #2: How Much Water Do I Really Need?

- National Institute of Medicine recommends ~ **3 L** of fluid for males, and **2 L** for females. The general recommendation for eight 8 oz glasses of water is ~ 1.9 L.
- The best way to check if you are drinking enough water is to **check your urine**. If your urine is pale to very clear, you are well hydrated. Darker, more concentrated urine suggests you are dehydrated.

*Out of the three main types of tea – black, oolong and green, “green tea is the **least processed** and thus **provides the most antioxidant polyphenols (EGCG)**, which is believed to be responsible for **most of the health benefits**.” (<http://www.whfoods.com/>)*

Iced Mint Green Tea



- 1/2 cup fresh mint leaves
- 3 green tea bags
- 2 tbsp honey
- 4 cups boiling water
- 2 cups sake, divided
- 4 stalks lemongrass, for garnish

Directions

1. Combine mint leaves, tea bags, honey and boiling water. Let steep for 5 minutes; remove tea bags. Refrigerate until chilled.
2. Divide among 4 large ice-filled glasses. Add 1/2 cup sake to each glass. Garnish with a stalk of lemongrass. Non-alcoholic variation: Omit the sake.

Nutritional Information (per serving)

Calories	76	Potassium	67 mg
Protein	1 g	Cholesterol	0 mg
Carbohydrate	11 g	Sodium	11 mg
Total Fat	0 g	Fiber	1 g
Saturated Fat	0 g	Makes 4 servings	

Resources: <http://www.eatingwell.com/>, <http://whfoods.com>, <http://eatdrinkbetter.com/>