

## APPLE CINNAMON TEA



**2 servings**

**Prep Time:** 5 minutes **Brew Time:** 5 minutes

2 Lipton® Black Tea Bags

2 cups water

1 apple, cored and diced

¼ tsp. cinnamon

1.) Add water, Lipton black tea bags, diced apples, and cinnamon to a saucepan at medium-high heat. Once boiling, immediately reduce the heat to low simmer until apples are soft - around 5 minutes.

2.) Remove tea bags from the saucepan, then muddle the apples into the tea. Strain the tea into a heat-safe bowl. (Optional - Use the back of a spoon to mash the apple pieces left in the strainer, draining any remaining liquid into the bowl of tea.) Pour into 2 mugs and enjoy!

### Nutritional Information

1 serving: Calories 50, Total Fat 0g, Saturated Fat 0g, Sodium 10mg, Total Carbs 13g, Dietary Fiber 2g, Total Sugars 9g, Added Sugars 0g, Protein 4g



## WATERMELON TEA FRESCA



**2 servings**

**Prep Time:** 5 minutes

2 Lipton® Green Tea Bags

2 cups hot water

2 cups chunks cold seedless watermelon

1.) Brew tea and refrigerate until cold.

2.) Put cold tea and watermelon in blender and blend until smooth.

### Nutritional Information

1 serving: Calories 45, Total Fat 0g, Saturated Fat 0g, Sodium 10mg, Total Carbs 11g, Dietary Fiber 1g, Total Sugars 9g, Added Sugars 0g, Protein 1g

Daily consumption of 2-3 cups of Lipton unsweetened brewed black and green tea

## CAN HELP SUPPORT A HEALTHY HEART

as part of a diet consistent with the Dietary Guidelines for Americans. Tea is one of the top sources of flavan-3-ols (a sub-group of flavonoids) and can help meet the daily recommended amount of 400-600 mg.

\*For more information including the scientific citations please visit <https://www.lipton.com/us/en/love-your-heart/>



# HEART-FRIENDLY TEA RECIPES



\*Heart-friendly recipes contain no added sugars, no more than 12g of total sugars & no more than 2g saturated fat per serving.

## CITRUS TEA PUNCH



### 7 servings

**Prep Time:** 5 minutes **Brew Time:** 5 minutes  
**Chill Time:** 1 hour

- 1 cup water
- 1 Lipton® Iced Tea Brew Family Size Tea Bag
- 2 cups 100% orange juice
- 2 cups chilled seltzer
- ½ cup lemon juice
- 1 medium orange, sliced
- 1 lemon, sliced
- 1 lime, sliced



- 1.) Pour boiling water over Lipton® Iced Tea Brew Family Size Tea Bag; cover and brew 5 minutes. Remove Tea Bag and squeeze bag. Chill.
- 2.) Stir in remaining ingredients and chill until ready to serve. Serve in ice-filled glasses.

### ***Nutritional Information***

1 serving: Calories 60, Total Fat 0g, Saturated Fat 0g, Sodium 0mg, Total Carbs 17g, Dietary Fiber 1g, Total Sugars 12g, Added Sugars 0g, Protein 1g

## BASIL MOJITO ICED TEA



### 6 servings

**Prep Time:** 5 minutes **Brew Time:** 20 minutes

- 4 cups water
- 2 Lipton® Iced Tea Brew Family Size Tea Bags
- 4 sprigs fresh basil leaves
- ¼ cup lime juice
- 2 cups chilled seltzer

- 1.) Pour boiling water over Lipton® Iced Tea Brew Family Size Tea Bags. Brew 5 minutes. Remove Tea Bags and squeeze; cool 20 minutes.
- 2.) Put basil into 2-quart pitcher and gently crush with wooden spoon. Stir in brewed Tea and lime juice. Chill until ready to serve. Just before serving, stir in seltzer. Pour into ice-filled glasses.

### ***Nutritional Information***

1 serving: Calories 5, Total Fat 0g, Saturated Fat 0g, Sodium 0mg, Total Carbs 1g, Dietary Fiber 0g, Total Sugars 0g, Added Sugars 0g, Protein 0g

## BERRY QUICK CITRUS ICED TEA



### 8 servings

**Prep Time:** 5 minutes **Brew Time:** 5 minutes

- 2 cups water
- 2 Lipton® Iced Tea Brew Family Size Tea Bags
- 1 bag (12 oz.) frozen mixed berries
- 1 cup 100% orange juice
- 2 cups chilled seltzer

- 1.) Pour boiling water over Lipton® Iced Tea Brew Family Size Tea Bags; cover and brew 5 minutes. Remove Tea Bags and squeeze.
- 2.) Process tea, berries and orange juice in blender. Pour into serving pitcher; add seltzer. Garnish, if desired, with additional berries and orange slices.

### ***Nutritional Information***

1 serving: Calories 30, Total Fat 0g, Saturated Fat 0g, Sodium 0mg, Total Carbs 9g, Dietary Fiber 1g, Total Sugars 6g, Added Sugars 0g, Protein 1g

