

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

Scientific evidence shows that drinking unsweetened brewed green or black tea everyday, hot or iced, **CAN HELP SUPPORT A HEALTHY HEART**

as part of a diet consistent with the Dietary Guidelines for Americans.

*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

