



Lipton

Two Cups Every Day


How to Brew a
Delicious Cup of
Lipton® Green Tea
Brimming with
Flavonoids

+ *Plus more tips* +

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Sip on the benefits of
Lipton Unsweetened
Green Tea

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HOW TO BREW:

HOT GREEN TEA

Brew the perfect, soothing cup of hot green tea in four easy steps.

1. Boil 1 cup (200 mL) of water to 212°F (100°C).
2. Pour the water onto the teabag.
3. Infuse teabag for 4 minutes.*
4. Remove the teabag and enjoy your deliciously refreshing Lipton Green Tea!

**4 minutes is the ideal brew time for a delicious serving of Lipton Green Tea.*



DID YOU KNOW?

Lipton Green Tea delivers on taste and offers health benefits too! Green tea contains flavonoids, which are naturally occurring plant compounds, commonly referenced as bioactives, that can help support heart health.¹ Lipton Green Tea brewed for 4 minutes will offer about 100 mg of flavonoids per serving. Scientific experts recommend 400 to 600 mg of flavonoids per day.¹

1. Crowe-White KM, Evans LW, Kuhnle GGC, Milenkovic D, Stote K, Wallace T, Handu D, Senkus KE. Flavan-3-ols and Cardiometabolic Health: First Ever Dietary Bioactive Guideline. Adv Nutr. 2022 Dec 22;13(6):2070-2083.

HOW TO BREW:

ICED GREEN TEA

Enjoy cool and refreshing iced green tea in minutes. Follow these steps.

1. Boil water to 212°F (100°C).
2. Add 4 green teabags to a heat-proof pitcher and pour in the water (2 cups or 400 mL).
3. Brew for 4 minutes.*
4. Remove teabags.
5. Stir in 6 cups of ice cubes until melted, or use 4 cups (800 mL) of cold water.
6. Add freshly sliced lemon, if desired. Keep refrigerated and drink within 24 hours.

**4 minutes is the ideal brew time for a delicious serving of Lipton Green Tea.*



4 teabags



2 cups - 212° F
400mL - 100°C



4 min



Add ice

PRO TIP:

Follow these instructions to ensure optimum flavonoid content for iced green tea. Lipton Green Tea is one of the top sources of flavonoids in the diet. One serving of Lipton Green Tea provides about 100 mg of flavonoids per serving, but the level can vary depending on the variety of green tea so make sure you check the flavonoid declaration on the Lipton Green Tea packaging.

Become
your own
chef!

Flavor Pairings

Liven up your brew by mixing in your favorite fresh herbs, spices and fruit—a delicious way to change it up without added sugars.

Try one of these trusty pairings to add some extra zing to your green tea along with an additional boost of flavonoids provided by the berries.



**Mint +
Raspberry**



**Peach +
Cinnamon stick**



**Ginger +
Pineapple**



**Blueberry +
Lemon slice**



**Basil +
Strawberry**





Try it at home!

Peachy Green Tea

Makes: 2 cups Serving Size: 1 cup

Ingredients

- 2 Lipton Green Tea Bags
- 2 cups (480 mL) water
- 1 1/2 cups diced peaches (~2 small)
- 1/8 tsp lemon juice
- 1/8 tsp nutmeg

Directions

1. In a small saucepan, add water, Lipton tea bags, diced peaches, lemon juice, and nutmeg. Bring to a simmer, then immediately reduce heat to allow the water to continue to simmer but not boil. Steep until peaches are soft and flavors are blended, around 5 minutes.
2. Remove tea bags and muddle peaches into the tea. Then, strain the tea mixture into a heat-safe bowl.
{Optional – Use the back of a spoon to mash the peach pieces left in the strainer, draining any remaining liquid into the bowl of tea.}
3. Pour into 2 mugs. Enjoy!

Nutritional Information 1 serving: Calories 45, Total Fat 0g, Saturated Fat 0g, Sodium 10mg, Total Carbs 11g, Dietary Fiber 2g, Total Sugars 9g, Added Sugars 0g, Protein 0g



Orange Citrus Tea

Makes: 2 cups Serving Size: 1 cup

Ingredients

- 2 Lipton Green Tea Bags
- 2 cups (480 mL) water
- 1 orange, juiced
- $\frac{3}{4}$ tsp orange zest*

Directions

1. Mix together water, tea bags, juice from the orange, and orange zest* in a saucepan and bring to a simmer. Remove tea bags from saucepan, reduce heat, and continue to simmer for about 3 minutes.
2. Pour into 2 mugs and enjoy!

**Can substitute with 1/4 tsp orange extract*

Nutritional Information 1 serving: Calories 15, Total Fat 0g, Saturated Fat 0g, Sodium 10mg, Total Carbs 3g, Dietary Fiber 0g, Total Sugars 3g, Added Sugars 0g, Protein 0g

