



BLUEBERRY-GREEN-ICED-TEA

On hot summer days there's nothing quite as refreshing as a delicious homemade iced tea. How about our blueberry-green-iced-tea? Served with fresh mint and ice cubes, it is the perfect healthy summer drink. Fruity refreshment with no added sugar guaranteed!

INGREDIENTS

For 1 L:

- 100 g blueberries
- 3 bags of green tea
- 4 teaspoons agave syrup
- Fresh mint
- 1 L hot water

PREPARATION

Mash the blueberries and put them into the BODDELS SUND glass carafe. Fill the carafe with hot water and put the tea bags inside. Sweeten with 4 teaspoons of agave syrup and let it rest for 3 minutes. Then, take the tea bags out and put the carafe with the tea in the fridge for 4 to 6 hours. Serve the iced tea with some fresh mint and ice cubes. The removable filter of the SUND glass carafe ensures a pulp-free pouring of your drink. This iced tea is perfect to enjoy during workout, when you transfer it into the BODDELS EEN drinking bottle.

boddels®

You can find more recipes for infused water, smoothies, teas and other healthy drinks on www.boddels.com