

## **MINT AND GINGER ICED GREEN TEA**

*(adapted from The Iron You)*

4 cups of water  
1-inch piece of ginger, peeled and sliced  
2 bags green tea  
1 bag of mint tea (or 1/4 cup fresh mint leaves)  
1 lemon, divided  
Pinch of baking soda  
sugar is optional (coconut sugar is particularly nice)

Combine water and ginger in a pot. Bring to a boil. Once the water boils, remove from the heat and add tea bags and fresh mint (if using them). Cover with a lid and steep for 15 minutes. Remove the bags and strain tea separating the liquid from the mint leaves and ginger slices. Stir in sugar, juice of half lemon, and baking soda. Transfer to a pitcher and let cool before refrigerating.

Serve on a tall glass with lemon slices and fresh mint added, if you so desired.