



Refreshing Green Iced Tea

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1/4 peeled cucumber
- 5 green tea bags (with mint or buy regular and get fresh mint)
- 6 cups water
- 1 lime (juice and zest)
- 1 package basil seeds
- 1 cup lime seltzer water

Instructions

1. Boil 6 cups of water in a large pot, add tea bags and remove from heat. Let seep for at least 10 mins
2. Combine lime, seltzer and cucumber in a blender or food processor
3. Add mixture to tea
4. When the tea is warm (not hot) add basil seeds; they will change appearance and look pretty cool when they are finished
5. Refrigerate and serve when cold