

## HEALTHY AVOCADO LEAF SWEET TEA

his super simple healthy sweet tea recipe uses honey instead of refined sugar for a guilt free summer tea you are sure to love!

This summer staple has just become lower calorie and healthier in every way. If you are not sure which Avocado Leaf Tea blend to use we recommend starting with our Avocado Leaf Black Tea blend. Our Avocado Leaf Tea is blended with Black tea from the "Blue Mountains" of Nilgiri. They are known for growing the best iced tea leaves in the world, they do not cloud and never turn bitter. What is even better is they also have a natural sweet note that incorporates with the honey to make one of the most delicious iced teas you will ever taste!

Ingredients:

- 4 Bags of your favorite blend of Avocado Leaf Tea (Black is excellent)
- 1/3 Cup Raw Honey
- 4 cups boiling water
- 4 cups of cold water
- Mint to garnish

Directions: Boil 4 cups of water, add tea bags, cover and set aside for 15 minutes. Remove tea bags, add honey and stir. Add 4 cups of cold water and place in the refrigerator.

\* Make sure to add the honey to the warm tea prior to adding the cold water. The honey will incorporate evenly in the warm water.

