

Amelia's Lemon and Mint Tea

From the kitchen of Amelia Trevino, San Antonio

Preparation time: 5 minutes

Number of servings: 4

Ingredients:

4 cups water

2 tea bags

1 lemon

1 fresh leaf of mint

Sugar or sugar substitute to taste

Preparation:

1. Add tea bags and mint to boiling water. Remove from heat and let stand 2-5 minutes.
2. Add lemon and sweeten to taste.

Nutrition information per serving:

FAT: 0% of calories from fat (low)

FIBER: 0 (low)

CALORIES: 0 (with sugar substitute)



TIP

This is a very soothing drink when you are feeling sick.