



# Green Tea Hydration

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## Booster



2 servings



15 minutes

### INGREDIENTS

- 1 green tea bag
- 1 cup cold water
- 1 teaspoon honey (for sweetness)
- 1 teaspoon lemon juice
- Half teaspoon crushed cardamom
- A pinch of sea salt
- Ice cubes (optional)
- Basil leaves (optional, for garnish)

### DIRECTIONS

1. Pour 1 cup water in a glass or pitcher.
2. Add the green tea bag.
3. Also add in the crushed cardamom and lemon juice.
4. Stir in the sea salt.
5. Cover and place in the refrigerator for 6 to 8 hours to let the flavors infuse.
6. Then remove the tea bag, add honey for a slightly sweetened flavor.
7. Top over with basil leaves and enjoy chilled on hot sunny days.