

The mint tea workout refreshner



0 made it | 0 reviews



- Sub Category Name
Drink
Mocktails/Iced Tea
- Recipe Source Name
School of Tea Workbooks
- Activities Name
Cleanse and Power up at Gym

Used Teas



t-Series Moroccan
Mint Green Tea

Ingredients

The mint tea workout refreshner

- 1/2 cup strong Moroccan mint tea (two bags)
- 1/2 cup ice
- 1/2 cup lemonade
- honey
- 1/2 cup cucumber puree



Methods and Directions

The mint tea workout refreshner

- Shake and top up with $\frac{1}{2}$ cup lemonade and some honey and cucumber puree.

ALL RIGHTS RESERVED © 2026 Dilmah Recipes| Dilmah Ceylon Tea Company PLC Printed From teainspired.com/dilmah-recipes 07/02/2026