

## Refreshing Minty-Lime Iced Tea: Hydrating & Healthy Beverage

Refreshing Minty-Lime Iced Tea: A Sip of Summer



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

- 4 cups water
- 4 black tea bags
- 1/4 cup fresh mint leaves
- 1/4 cup lime juice (freshly squeezed)
- 1/4 cup honey or sugar (to taste)
- Ice cubes
- Lime slices and mint sprigs for garnish

### DIRECTIONS

1. In a saucepan, bring 4 cups of water to a boil.
2. Once boiling, remove from heat and add the tea bags. Let steep for about 5 minutes.
3. Remove the tea bags and stir in the honey (or sugar) until dissolved.
4. Add the fresh mint leaves and lime juice, then let the mixture cool to room temperature.
5. Strain the tea into a pitcher, discarding the mint leaves.
6. Refrigerate until chilled, then serve over ice with lime slices and mint sprigs for garnish.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/refreshing-minty-lime-iced-tea-hydrating-healthy-beverage/>