

Green Tea & Honeydew Mint Refresher - Your New Favorite Summer Sip

Meet your new go-to summer beverage: a



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5 min

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INGREDIENTS

- 4 cups water
- 4 green tea bags
- 2 cups honeydew melon, diced
- ¾ cup fresh mint leaves (plus more for garnish)
- 4-6 tablespoons sugar (adjust to taste)
- Ice cubes

DIRECTIONS

1. ? Step 1: Steep the Green Tea: Bring 4 cups of water to a near boil, then steep 4 green tea bags for 5 minutes. Remove bags and let the tea cool to room temperature.
2. ? Step 2: Make the Honeydew Mint PurØe: While the tea cools, place 2 cups diced honeydew melon and ¾ cup fresh mint leaves in a blender. Blend until completely smooth.
3. ? Step 3: Sweeten the Tea: While the tea is still slightly warm, stir in 4-6 tablespoons of sugar, adjusting to your taste preference. Mix until fully dissolved.
4. ? Step 4: Combine: In a large pitcher, combine the cooled green tea with the honeydew-mint purØe. Stir thoroughly to blend flavors.
5. ? Step 5: Serve: Fill glasses with ice, pour the refresher over top, and garnish with extra mint leaves for a burst of freshness.

SWAPS & NOTES

It's fruity, herbal, hydrating, and just the thing you need when the sun is blazing and you want something that tastes like pure calm.

Whether you're poolside, planning a picnic, or just need a mid-afternoon pick-me-up, this naturally sweetened iced tea hits the spot.

Why I Love This Recipe This drink is the definition of chill.

It's easy to make, super hydrating, and beautifully balanced between the delicate bitterness of green tea and the soft, fragrant sweetness of melon and mint.

TIPS FOR SUCCESS

Chill Before Serving: For best results, let the mixed drink chill for 30 minutes before serving to let the flavors marry.

Double the Batch: Hosting a gathering?

This recipe easily doubles or triples.

Strain If You Prefer: For a smoother texture, strain the purée before adding to the tea.

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