

## The mint tea workout refreshner



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- 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 ½ cup lemonade and some honey and cucumber puree.

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