



simply healthy

It's National Nutrition Month!
Try these delicious & healthy recipes.

WEEK 2 (3/8 - 3/14): Drink up.

CHALLENGE: Drink 9 to 13 cups of fluids (mostly water) each day.

Citrus Tea Punch

Prep Time: 5 minutes

Brew Time: 5 minutes

Chill Time: 60 minutes

Serves: 7

Ingredients:

1 cup boiling water

1 Lipton® Cold Brew Family Size Tea Bag

1 1/2 Tbsp. honey

2 cups orange juice

2 cups chilled seltzer

1/2 cup lemon juice

1 medium orange, sliced

1 lemon, sliced

1 lime, sliced



Directions:

1. Pour boiling water over tea bag; cover and brew 5 minutes. Remove tea bag and squeeze remaining liquid out of bag into the tea. Stir in honey; chill.

2. Combine tea, orange juice, seltzer and lemon juice in large pitcher; stir in fruit. Serve over ice. Garnish, if desired, with fresh mint leaves.

Nutritional Information

Amount Per Serving: 60 Calories; 0 mg Sodium; 17 g Carbohydrate; 1 g Dietary Fiber; 12 g Sugars; 1 g Protein; 4% Vitamin A; 100% Vitamin C



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Cranberry Lime Sparkler

Serves: 1

Ingredients:

8 ounces cranberry juice, chilled

2 ounces sparkling water

Lime wedge

Directions:

Fill a tall glass with ice. Add cranberry juice and top with sparkling water. Garnish with a lime wedge.

Source: Recipe courtesy of www.oceanspray.com





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Berry Quick Citrus Iced Tea

Prep Time: 5 minutes

Brew Time: 5 minutes

Serves: 8

Ingredients:

2 cups boiling water

2 Lipton® Cold Brew Family Size Tea Bags

1 bag (12 oz.) frozen mixed berries

1 cup orange juice

2 cups chilled seltzer

Directions:

1. Pour boiling water over tea bag; cover and brew 5 minutes. Remove tea bag and squeeze out excess liquid into the tea.

2. Process tea, berries, and orange juice in blender. Pour into pitcher; add seltzer. Garnish, if desired, with additional berries and orange slices.

Nutritional Information

Amount Per Serving: 30 Calories; 0 g Total Fat; 0 mg Cholesterol; 0 mg Sodium; 9 g Carbohydrate; 1 g Dietary Fiber; 6 g Sugars; 1 g Protein; 0% Vitamin A; 25% Vitamin C; 2% Calcium; 0% Iron

