



Brazilian Green Tea Lemonade

Priscila · 02/06/2024



Prep Time

5 min.

Difficult

Easy

Servings

3

Description

The Brazilian Green Tea Lemonade is a rejuvenating and flavorful drink that blends the traditional citrus refreshment of lemonade with the antioxidant benefits and delicate flavor of green tea. This variation adds a tropical and healthy twist to the classic lemonade, making it perfect for hot days or as a revitalizing beverage option at any time. In this recipe, the base is made with water and green tea powder, providing a rich flavor profile and a subtle energy boost, thanks to the stimulating properties of green tea. Lemon juice and zest add a burst of citrus flavor and a dose of vitamin C, making the drink not only delicious but also nutritious. Honey is used as a natural sweetener, complementing the citrus and herbal flavors with its gentle sweetness and floral notes. The addition of fresh mint (optional) brings an extra layer of freshness, elevating the beverage with its aromatic fragrance and refreshing taste. Served cold, with plenty of ice, the Brazilian Green Tea Lemonade is the perfect blend of flavors and sensations. It's a drink that not only hydrates and refreshes but also offers health benefits, thanks to the antioxidants in green tea and the nutrients in lemon. Whether served at an outdoor lunch, as a post-workout refreshment, or simply as a mid-afternoon pleasure, this lemonade promises to be a delight for the senses.

Ingredients

- 500ml of water
- 4 tsp of green tea powder
- 1 lemon (juice and zest)
- 1 or 2 tsp of honey
- A handful of fresh mint (optional)
- A handful of fresh mint (optional)

Instructions

1. Combine the water and green tea powder. Mix well to dissolve the powder.
2. Add the lemon juice and zest honey and mint (if using). Stir everything together until well combined.
3. Add ice and stir again.