

# Unique Green Tea

## Recipes For Your Child



### Sunshine Green Tea



- Boil water along with lemon and orange wedges and simmer for 10 minutes.
- Discard the lemon and orange wedges and pour the hot water on the tea bags in a teapot.
- Let it sit for a few minutes before squeezing and discarding the tea bags.
- Add honey, powdered black pepper, cardamom, and cinnamon powder before serving.

### Mint And Strawberry Green Tea



- Add tea bags to a pitcher of water and leave in the sun for a couple of hours.
- Discard the teabags, add chopped strawberries and mint leaves, and put them in the refrigerator.
- Serve chilled with a little bit of honey.

### Iced Green Tea



- Add two tea bags and sugar to boiling water.
- Cover and let it seep for five minutes.
- Add lemon, ice chips, and some mint leaves for a refreshing drink

**Note:** Use decaffeinated tea bags instead of caffeinated or loose tea leaves to ensure maximum safety for children.