

TROPICAL GREEN TEA SANGRIA MOCKTAIL

Prep Time: 10 minutes | Yield: 8 servings

INGREDIENTS:

- 6 Green Tea bags
- 4 cups water
- 1 Tbsp. honey
- 2 cups chilled white grape juice
- 2 cups chilled passion fruit juice

- 2 oranges, segmented
- 6 key limes, halved
- 2 kiwis, peeled and sliced
- 1 cup diced pineapple

INSTRUCTIONS:

- 1. Brew tea bags in boiling water for 3 minutes.
- 2. Remove tea bags; stir in honey.
- 3. In a pitcher, combine brewed tea with juices, oranges, key limes, kiwi and pineapple.
- 4. Save a few orange segments for garnishes.
- 5. Chill in the fridge for 2 hours or more.
- 6. Pour into glasses, garnish and enjoy.

NUTRITION INFORMATION PER SERVING:

140 Calories | Og Fat | 10mg Sodium | 4g Fiber | 1g Protein | 28g Sugar

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Recipe source: Amy Gorin, MS, RDN