
Sparkling Green Soda

I love my green tea. Three mugs a day is the minimum. Sometimes I need just one more mug before I go to bed. But on hot days I occasionally want my green tea cold and fizzy. This is what I do when that desire strikes. I make my famous "Sparkling Green Soda".

Try this simple recipe. It is also full of antioxidants.

Oh, when you are making green tea, don't use boiling water as that will scorch the delicate leaves and damage their vitamin content. Your tea will also taste bitter. I usually turn off the stove just as the water boils, then I let it stand for a minute or two before pouring it over my teabag.

Fresh spring or filtered water is best if you want the best flavor from your green tea.

What you need for 4 servings

1. Two green tea teabags (more convenient than loose leaves)
2. Two cups freshly boiled water – let it stand for a couple of minutes.
3. A Pyrex measuring cup or a teapot
4. Sweetner of your choice (I use honey or stevia)
5. Two cups of sparkling water

Directions

1. Place the teabags in the measuring cup or teapot.
2. Pour two cups of hot water over the teabags and allow to steep for 3 minutes.
3. Fully chill the green tea in the fridge. You can sweeten it before cooling it.
4. When you are ready for a cool refreshing drink, pour half a cup of green tea into a tall glass.
5. Then pour half a cup of cold sparkling mineral water into the glass.
6. Add a slice of lemon if you want.

There, your own green soda pop with all the health benefits!

Perfect for hot humid summer days!