

SWEET TEA



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 2½ cups water
- ★ 5 black tea bags
- ★ 1 tablespoon plus 1 teaspoon monk fruit sweetener
- ★ Ice, to serve
- ★ Lemon slices, to garnish
- ★ Fresh mint, to garnish

DIRECTIONS

Combine tea bags and water in a lidded jar. Cover and refrigerate at least 12 but no longer than 24 hours.

Remove the tea bags, pressing them against the side of the pitcher with a spoon to remove the excess tea.

Stir in the monk fruit sweetener until dissolved, about 1 minute.

Fill glasses with ice, divide tea among glasses and garnish with sliced lemons and mint, if desired.

Serving Size and Nutritional Information:

Serves 2 (Serving Size = 2382g)

0 Calories Per Serving, **0g** Total Fat,

3g Total Carbohydrates, **0g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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