GLOBAL · DRINK

Sugar-Free Lemon and Mint Iced Tea

10 min · plus a few hours chilling Makes 2 × 1 glass (250 ml) over ice 8 kcal a portion

Video 10:51 · HK's Keto & Low Carb Recipes

Vegan | Gluten-free ingredients | No nuts listed

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Sweetened with stevia instead of sugar, so it has no added sugar and is practically calorie-free (under 10 kcal a glass): a refreshing swap for bottled iced teas and soft drinks.

Diet notes: Low carb (2.2 g net carbs) but not keto: 5% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0 g, 0% of the energy); DASH-friendly (10 mg sodium a serve).

Ingredients 8 · MAKES 2 × 1 GLASS (250 ML) OVER ICE

- [ ] a handful of **fresh mint leaves**, bruised (strained out)
- [ ] 2 **black tea** bags, brewed in 500 ml water (bags removed)
- [ ] 1 tsp **lemon zest** (strained out)
- [ ] 2 tbsp **lemon juice**
- [ ] 2–3 tsp **stevia** (or other 1:1 sweetener), to taste
- [ ] **ice cubes**, to serve
- [ ] **lemon** slices, to garnish
- [ ] **mint** sprigs, to garnish

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Zest a lemon and set the zest aside. Put a handful of mint leaves in a heatproof jug and crush them lightly with a pestle to bruise them, without turning them into a paste. 1:15
2. Boil the kettle and wait until the water stops bubbling (about 95 °C). Pour 500 ml over the mint and add 2 black tea bags (1 bag per 250 ml). Brew for 4 minutes, or 3 for a milder tea, then remove the bags. 1:58
3. Stir in the lemon zest, 2 tbsp lemon juice and 2–3 tsp sweetener. Taste and adjust. 2:47
4. Let it cool, then chill in the fridge for a few hours. 3:10
5. Fill two glasses with ice, strain the tea over it and garnish each with a lemon slice and a mint sprig. 3:16

> **Tip** Use any tea you like, such as green tea. HK's other two flavours: mash 50 g blueberries in the jug before adding the water, or grate in a small piece of ginger and finish with lemon juice.

The method is a summary in our words — the video shows every step.

One portion, 1 glass (250 ml) over ice, gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
8 kcal	0.1 g	2.3 g	0.2 g	0.1 g	10 mg
30 kJ	0% of a day	2.2 g net · 0.5 g sugars	1% of a day	0 g saturated	0% of a day
		1% of a day		0% of a day	

Energy from net carbs 87% · protein 4% · fat 9%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=qCEGRo-9Cg8, published 16 August 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-lemon-mint-iced-tea