

ICED PEACH MANGO MATE TEA

Ingredients:

4 cups boiling water

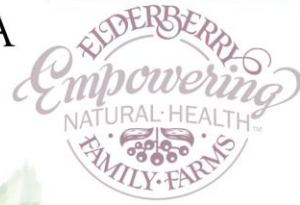
4 TBS Elderberry Hibiscus Mate Terere' Tea

1/2 Cup Old Orchard Apple, Peach, Mango Frozen Juice Concentrate

In a large pitcher or jar, pour 4 cups boiling water over 4 TBS Elderberry Hibiscus Mate Terere' Tea. Cover and steep for 5-7 minutes. Strain the tea leaves out. Mix the juice concentrate into the tea. Cool completely and refrigerate until chilled. Serve over ice, garnished with mango, peach or lemon slices.

Enjoy!

Recipe by Anne Marck



Are you looking for a delicious, sugar free energy boost? Do you love the coffee high, but hate the jitters that go with it?

Yerba mate tea may be just what you're looking for. Yerba mate tea boasts an impressive lineup of health benefits, including the energy boost that you get with coffee, but with less caffeine and no jitters.

We've combined yerba mate with elderberries, hibiscus, and stevia leaf in our Elderberry Hibiscus Mate Tererre Tea. With the rich, fruity taste of elderberries, the tang of hibiscus, the light sweetness of stevia, and the health benefits of mate, this is a great alternative to coffee or black tea.

The most well-known effect of this tea is that it induces a sense of well-being. Unlike coffee, yerba mate provides a steady rise in energy, which gives the feel of stimulation without the jolt.