

Hot weather got you down? – Try this iced tea recipe!

What do you tend to drink when the weather is hot? Do you find yourself reaching for drinks like pop, iced tea, and juice? Canada's Food Guide recommends making water your drink of choice and the World Health Organization warns about the dangers of high added sugar intake such as heart disease, diabetes and dental cavities. But some days you may want something a little more flavorful than water. You could try an infused water recipe - look back to our long weekend barbecue post for some ideas on that. But if you're really craving something with a bit more flavor than water, consider trying this herbal iced tea recipe below.

The Heart & Stroke foundation recommends you consume no more than 10% total calories per day from added sugars, and ideally less than 5%. For someone who eats 2,000 calories a day, 10% is about 48 grams (or 12 teaspoons) of added sugars. Now let's take a look to see how various beverage options compare to this recommendations...

Sugar Content Comparison:

250 mL water 0 g sugar

237 mL Coca cola 26 g sugar

240 mL fruit punch (minute maid) 24 g

250 mL iced tea (lemon nestea) 21.5 g

250 mL of recipe below 7.5 g

You can see how quickly we can exceed the recommended maximum added sugar intake when drinking sweetened beverages. This is why health guidelines recommend using water as your main hydration source. But if you want something fun and flavorful for a change of pace this recipe is here for you with less than half the sugar of other sweetened beverages...

Ingredients:

4 herbal tea bags (I like to use summer berry tea)

3 green tea bags

2-3 tablespoons lemon juice (to taste)

3 tablespoons honey

Steps:

1. Bring 6 cups of water to a boil.
2. Add herbal tea bags and allow to steep for a few minutes

3. When water has cooled slightly add green tea bags. Steep for 2 minutes (adding the Green tea bags when the water is still boiling or steeping them for too long can cause a bitter flavor to occur).
4. Remove tea bags and add lemon juice and honey. Stir to mix all together while still hot.
5. Chill in the fridge and serve over ice.