



Green Tea Lemonade

I have adapted the Starbucks Green Tea Lemonade into a Healthy Tonic for weight loss

Ingredients

- 3 cups of Filtered Water hot
- 6 Green Tea Bags
- 1/2 cup of Pure Lemon Juice
- 12 Drops of Pure Stevia drops, honey, agave or sweetener of your choice.
- Ice

Instructions

To make green tea concentrate, place 6 green tea bags in 3 cup of hot water. You can use a pot on the stove to simmer on low (do not boil), or use an electric kettle. If using a kettle, pour boiling water over a glass measuring cup to steep.

Steep for 2-3 minutes.

Remove tea bags and allow the concentrate to cool for a few minutes.

Pour lemon juice into the green tea concentrate.

Add stevia, honey or sweetener of your choice

Pour over ice to drink immediately or store in the refrigerator to enjoy throughout the day.

✨ **Ingredient Benefits:**

🌿 **Green Tea**

- Rich in antioxidants, especially **catechins** like EGCG, which boost metabolism and increase fat burning
- Supports brain health by improving focus, memory, and cognitive function
- Enhances heart health by lowering LDL cholesterol and blood pressure
- Provides a gentle energy boost without the crash (thanks to its balance of caffeine and L-theanine)
- Anti-inflammatory and detoxifying, helping the body clear out toxins naturally

🍋 **Lemon Juice**

- High in **vitamin C**, which strengthens the immune system and improves skin health
- Stimulates digestion and helps alkalize the body, even though it's acidic outside the body
- Supports liver function and acts as a gentle, natural detoxifier
- Helps regulate blood sugar levels and reduce hunger cravings

🍯 **Stevia / Honey / Agave (Natural Sweeteners)**

- **Stevia:** Zero calories, doesn't spike blood sugar, safe for those watching weight or blood sugar
- **Honey** (especially raw): Rich in antioxidants, supports gut health, and provides natural antimicrobial benefits
- **Agave:** Low-glycemic sweetener (although best used minimally), adds a natural sweetness

🌟 **The Magic of Drinking This Daily:**

When these ingredients are combined, you get a powerful synergy that:

- Boosts your metabolism naturally without harsh stimulants 🔥
- Supports fat burning and weight loss efforts 💪
- Enhances digestion and detoxification pathways (especially liver and kidneys) 🌿
- Balances energy levels gently, keeping you focused and vibrant all day ☀️
- Floods your body with antioxidants, reducing inflammation and protecting against cellular damage 🛡️
- Helps curb sugar cravings and stabilize appetite 🍋

🌿 **Drinking this Green Tea Lemonade daily** sets your body up for better digestion, more efficient fat burning, stable blood sugar, and a constant flood of hydrating, cleansing nutrients. It's like a **daily reset button** for your metabolism, immunity, and energy!