



Berry Hibiscus Refresher (Starbucks Swap)

1 serving

5 minutes

Ingredients

14 fl ozs Water
1/2 tsp Stevia Powder (Start with 1/2 tsp, add more as needed)
2 fl ozs White Grape Juice
1 serving Green Tea
1/4 cup Blackberries
1 serving Hibiscus Tea
1/4 cup Ice Cubes

Nutrition

Amount per serving	
Calories	83
Fat	0g
Carbs	24g
Fiber	2g
Sugar	20g
Protein	1g
Cholesterol	0mg
Sodium	9mg
Potassium	58mg
Vitamin A	77IU
Vitamin C	8mg
Calcium	52mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	7µg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	9µg
Vitamin B12	0µg

Directions

- 1 *Use organic ingredients when possible* Steep 1 bag of green tea + 1 bag hibiscus tea in 14 oz of cold water for 5-10 minutes (can use 1 serving of green coffee powder instead of green tea)
- 2 Add 2 oz of white grape juice (or other juice, such as pomegranate)
- 3 Add 1/2 tsp of stevia, or to your liking
- 4 Add ice (optional)
- 5 Stir or shake up in a shaker cup
- 6 Add blackberries (or blueberries or raspberries...or all of them!) Enjoy!



Phosphorous	8mg
Magnesium	15mg
Zinc	0mg
Selenium	0µg