

Ingredients

- 8 green tea bags, preferably caffeinated
- 8 cups of filtered water
- 1 medium cucumber, sliced thin
- 1 large orange, sliced thin
- 1 lemon, sliced thin
- 1 teaspoon of freshly grated ginger
- A handful of fresh mint leaves

Instructions

- Bring the filtered water to a boil.
- Take the water off the stove and add the green tea bags to steep in the boiled water for about 5 minutes.
- While the tea is steeping, add the slices of cucumber, orange, and lemon to a large pitcher. Add the grated ginger.
- When the tea is done steeping, pour it into the pitcher filled with the fresh fruit and ginger.
- Toss the mint leaves in the pitcher and chill in the refrigerator for about one hour.

This mixed drink will stay fresh for up to two days in the refrigerator.

It's as easy as that!