



DRINK POSITIVE 

Recipe Book

Exclusive to ALL YOU

HOT TEA RECIPES





Nutrition Information per serving using fat free milk:
Calories 50, Calories From Fat 0, Saturated Fat 0g, Trans Fat 0g, Total Fat 0g, Cholesterol 0mg, Sodium 55mg, Total Carbohydrate 8g, Sugars 8g, Dietary Fiber 0g, Protein 4g, Vitamin A 6%, Vitamin C 0%, Calcium 15%, Iron 0%

HOT 'N SPICY CHOCOLATE TEA

2 servings - Prep Time: 5 minutes - Brew Time: 2 minutes

1 cup fat free or 1% milk

1 cup water

2 Lipton® Cup Size Regular or Decaffeinated Tea Bags

1 tsp. chocolate syrup

1/8 tsp. ground cinnamon

1/8 tsp. ground ginger

1/8 tsp. ground nutmeg

Bring milk and water just to a boil in 2-quart saucepan. Remove from heat and add Lipton® Cup Size Tea Bags. Cover and brew 2 to 5 minutes. Remove Tea Bags and squeeze; stir in remaining ingredients. Sweeten as desired.

GINGER-HONEY MANGOSTEEN WARMER

4 servings - Prep Time: 5 minutes - Brew Time: 3 minutes

4 cups boiling water

1 piece fresh ginger (about 3-in.), sliced

6 Lipton® White Mangosteen and Peach Green Tea Bags

3 Tbsp. honey or agave nectar

Bring water and ginger to a boil in 2-1/2-quart saucepan. Remove from heat, then add Lipton® White Mangosteen and Peach Green Tea Bags. Cover and brew 3 minutes. Remove ginger, then Tea Bags and squeeze. Stir in honey.

Also terrific served over ice!



Nutrition Information per serving:

Calories 60, Calories From Fat 0, Saturated Fat 0g, Trans Fat 0g, Total Fat 0g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrate 15g, Sugars 13g, Dietary Fiber 0g, Protein 1g, Vitamin A 0%, Vitamin C 0%, Calcium 0%, Iron 0%

ICED TEA RECIPES





FRUITY GREEN TEA SMOOTHIE

2 (8-oz.) servings - Prep Time: 10 minutes - Chill Time: 15 minutes

1 cup boiling water

4 Lipton® Green Tea with Mandarin Orange Flavor Pyramid Tea Bags

2 tsp. sugar

1 medium ripe banana

1/2 cup ice cubes (about 3 to 4)

Pour boiling water over Lipton® Green Tea with Mandarin Orange Flavor Pyramid Tea Bags; cover and brew 1-1/2 minutes. Remove Tea Bags and squeeze. Stir in sugar and chill.

In blender, process tea, banana and ice cubes until blended. Enjoy!

Nutrition Information per serving:

Calories 80, Calories From Fat 0, Saturated Fat 0g, Trans Fat 0g, Total Fat 0g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrate 18g, Sugars 11g, Dietary Fiber 2g, Protein 1g, Vitamin A 0%, Vitamin C 8%, Calcium 0%, Iron 0%

CITRUS TEA PUNCH

7 servings - Prep Time: 5 minutes - Brew Time: 5 minutes - Chill Time: 1 hour

- 1 cup boiling water
- 1 Lipton® Iced Tea Brew Family Size Tea Bag
- 1-1/2 Tbsp. honey
- 2 cups orange juice
- 2 cups chilled seltzer
- 1/2 cup lemon juice
- 1 medium orange, sliced
- 1 lemon, sliced
- 1 lime, sliced

Pour boiling water over Lipton® Iced Tea Brew Family Size Tea Bag; cover and brew 5 minutes. Remove Tea Bag and squeeze bag. Stir in honey; chill.

Combine tea, orange juice, seltzer and lemon juice in large pitcher; stir in fruit. Serve over ice. Garnish, if desired, with mint.



Nutrition Information per serving:
Calories 60, Calories From Fat 0, Saturated Fat 0g, Trans Fat 0g,
Total Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate
17g, Sugars 12g, Dietary Fiber 1g, Protein 1g, Vitamin A 4%,
Vitamin C 100%, Calcium 2%, Iron 2%



SANGRIA TEA

7 servings - Prep Time: 10 minutes - Chill Time: 2 hours

3 cups boiling water

3 Lipton® Iced Tea Brew Family Size Tea Bags or 5 Lipton® Cup Size Tea Bags

2 cups no sugar added purple grape juice, chilled

1 medium orange, sliced

1 medium lemon, sliced

1 medium lime, sliced

1-1/2 cups chilled club soda or seltzer

Pour boiling water over Lipton® Iced Tea Brew Family Size Tea Bags in saucepan; cover and brew 5 minutes. Remove Tea Bags and squeeze.

Combine tea with remaining ingredients except soda in large pitcher; chill at least 2 hours. Just before serving, add soda. Pour into ice-filled glasses.

Nutrition Information per serving:

Calories 60, Calories From Fat 0, Saturated Fat 0g, Trans Fat 0g, Total Fat 0g, Cholesterol 0mg, Sodium 20mg, Total Carbohydrate 15g, Sugars 12g, Dietary Fiber 1g, Protein 0g, Vitamin A 2%, Vitamin C 25%, Calcium 2%, Iron 2%

SUPERFRUIT-TEA ICE POPS

6 servings - Prep Time: 10 minutes - Brew Time: 5 minutes - Chill Time: 4 hours

3 cups boiling water
2 Lipton® Purple Acai with Blueberry Green Tea Bags
1 Lipton® Iced Tea Brew Family Size Tea Bag
1/3 cup sugar
1 cup frozen mixed berries

Pour boiling water over Lipton® Purple Acai with Blueberry Green Tea Bags and Lipton® Iced Tea Brew Family Size Tea Bag in same bowl; cover and brew 3 minutes. Remove Tea Bags and squeeze. Stir in sugar until dissolved.

Process tea with frozen mixed berries in blender until well blended. Evenly pour into 6 (4-oz.) paper cups or ice pop molds. If using paper cups, freeze until almost firm, about 1 hour. Insert wooden ice pop sticks into centers; freeze until firm.

To serve, press firmly on bottom of paper cup to remove.



Nutrition Information per serving:

Calories 50, Calories From Fat 0, Saturated Fat 0g, Trans Fat 0g, Total Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 14g, Sugars 13g, Dietary Fiber 1g, Protein 0g, Vitamin A 0%, Vitamin C 6%, Calcium 0%, Iron 0%

COCKTAIL RECIPES



BAVARIAN WILD BERRY COSMOPOLITAN

2 servings - Prep Time: 15 minutes - Brew Time: 5 minutes - Chill Time: 1 hour

1 cup boiling water
3 Lipton® Bavarian Wild Berry Pyramid Tea Bags
2 Tbsp. sugar
2 Tbsp. pomegranate juice
2 Tbsp. vodka
1 Tbsp. lime juice
1 Tbsp. orange liqueur

Pour boiling water over Lipton® Bavarian Wild Berry Pyramid Tea Bags; cover and brew 5 minutes. Remove Tea Bags and squeeze, then stir in sugar; chill.

In shaker filled with ice, combine tea with remaining ingredients. Shake well, then strain into chilled martini glasses. Garnish, if desired, with orange or lime curl and blackberries.

Substitution: For a non-alcohol version, simply omit vodka and orange liquor and add 3 Tbsp. orange juice.



Nutrition Information per serving:
Calories 130, Calories From Fat 0, Saturated Fat 0g, Trans Fat 0g, Total Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 19g, Sugars 17g, Dietary Fiber 0g, Protein 1g, Vitamin A 0%, Vitamin C 4%, Calcium 0%, Iron 0%



Nutrition Information per serving:

Calories 180, Calories From Fat 0, Saturated Fat 0g, Trans Fat 0g, Total Fat 0g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrate 34g, Sugars 30g, Dietary Fiber 0g, Protein 0g, Vitamin A 0%, Vitamin C 60%, Calcium 2%, Iron 2%

MULLED TEA PUNCH

Approx. 28 (8 oz.) servings - Prep Time: 10 minutes - Brew Time: 5 minutes
Cook Time: 30 minutes

Whole cloves (about 15)
2-1/2 cinnamon sticks, broken
2-1/2 quarts water
5 Lipton® Iced Tea Brew Family Size Tea Bags
2-1/2 cups light brown sugar
2-1/2 quarts cranberry juice cocktail
2 quarts Burgundy wine

Tie spices in cheesecloth; set aside.

Bring water to a boil over high heat in large stockpot. Remove from heat, then add Lipton® Iced Tea Brew Family Size Tea Bags and spices; cover and brew 5 minutes. Remove Tea Bags and squeeze.

Stir in brown sugar, then cranberry juice and wine. Cook covered until heated through. Remove spices. Serve warm, garnished, if desired, with clove-studded orange slices.

FOOD RECIPES



GREEN TEA ASIAN STIR-FRY

6 servings - Prep Time: 10 minutes
Cook Time: 10 minutes

1/2 cup boiling water
2 Lipton® Green Tea Bags, any variety
2 Tbsp. reduced sodium soy sauce
2 Tbsp. honey
2 Tbsp. olive oil
1 lb. boneless, skinless chicken breasts, thinly sliced or 1 lb. pork tenderloin, thinly sliced
1 bag (16 oz.) frozen Oriental or stir-fry vegetables

Pour boiling water over Lipton® Green Tea Bags and brew 1-1/2 minutes. Remove Tea Bags and squeeze.

Combine tea, soy sauce and honey in small bowl; set aside.

Heat olive oil in 12-inch skillet over medium-high heat and cook chicken, stirring frequently, 5 minutes or until chicken is thoroughly cooked. Remove chicken and set aside.

Add vegetables and tea mixture to same skillet. Bring to a boil over high heat. Reduce heat and simmer 3 minutes or until vegetables are almost tender. Return chicken to skillet; cook 1 minute or until heated through. Serve, if desired, over hot cooked rice.



TEA-INFUSED RICE

4 servings - Prep Time: 5 minutes
Brew Time: 5 minutes - Cook Time: 20 minutes

2-1/4 cups water
6 Lipton® White Tea with Island Mango & Peach Flavors Pyramid Tea Bags
1 Tbsp. olive oil
3/4 tsp. salt
1 cup regular or converted rice

In 2-quart saucepan, bring water to a boil over high heat. Remove from heat. Add Lipton® White Tea with Island Mango & Peach Flavors Pyramid Tea Bags; cover and brew 5 minutes.

Remove Tea Bags and squeeze. Stir in olive oil and salt. Bring to a boil over high heat.

Stir in rice and return to a boil. Reduce heat to low and simmer covered 20 minutes or until rice is tender.

Also terrific with Lipton® Green Tea with Mandarin Orange Flavor Pyramid Tea Bags or Bavarian Wild Berry Pyramid Tea Bags.

Nutrition Information per serving:

Calories 170, Calories From Fat 50, Saturated Fat 1g, Trans Fat 0g, Total Fat 6g, Cholesterol 45mg, Sodium 240mg, Total Carbohydrate 10g, Sugars 8g, Dietary Fiber 2g, Protein 19g, Vitamin A 6%, Vitamin C 20%, Calcium 2%, Iron 6%

Nutrition Information per serving:

Calories 210, Calories From Fat 35, Saturated Fat 0.5g, Trans Fat 0g, Total Fat 4g, Cholesterol 0mg, Sodium 440mg, Total Carbohydrate 38g, Sugars 0g, Dietary Fiber 1g, Protein 4g, Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 10%

