

Healthy Beverage Recipes



BlueCross BlueShield
of Mississippi

It's good to be Blue.

Try these tasty beverage recipes!

Green Tea Pomegranate Lemonade

Ingredients

- 7 green tea bags
- 7 c. hot water
- ¼ c. sugar
- ¾ to 1 c. fresh lemon juice
- ¼ c. 100% pomegranate juice
- Lemon slices and fresh mint for garnish (optional)

Directions

In a large bowl or pitcher, combine tea bags and water, steeping bags for five minutes. Add sugar, then lemon and pomegranate juices, stirring until sugar is dissolved. Chill for at least 30 minutes. Discard bags, add ice as desired and pour into glasses. Serve garnished with a lemon slice and mint, if desired.

Source: Clean Eating

Banana-Berry Smoothie

Ingredients

- 1 c. low-fat plain yogurt
- 3 c. frozen strawberries
- 2 bananas, coarsely chopped
- ¾ c. fat-free milk
- ¼ c. crushed ice
- ¼ c. honey

Directions

Process all ingredients in a blender until smooth. Serve immediately.

Source: Southern Living

Lemon-Gingered Tea with Berry Cubes

Ingredients

- 1 c. raspberries, rinsed
- Water for ice cube trays, plus 8 c. water, divided
- ⅓ c. honey
- ½ c. coarsely chopped fresh ginger
- 6 white tea bags
- 3 lemons, juiced (about ½ c.)
- Lemon slices
- Mint sprigs, for garnish

Directions

1. Place about four raspberries in each compartment of an ice cube tray, six hours before serving iced tea. Fill with water and freeze.
2. Place honey, two cups water and ginger in a saucepan and bring to a boil. Reduce heat and simmer over low heat for five minutes. Remove from heat and add tea bags. Let mixture steep for at least 30 minutes and up to one hour, then strain out solids.
3. In a pitcher combine strained liquid with six cups water and lemon juice. Chill in refrigerator.
4. To serve, place three ice cubes in a tall glass and pour iced tea over cubes. Garnish with lemon slices and mint sprigs

Source: Ellie Krieger, Food Network