

4-MINUTE FIX

Detox Tea Recipes



Meredith Shirk, CPT

This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

Copyright © 2020 Svelte LLC

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

For permission requests, write to the publisher, addressed "Attention: Copyright Coordinator," at the email address below.

Svelte LLC

All rights reserved 2020

Malibu, California

mere@sveltetraining.com

Every-Day Detox Tea

Yield: 2 servings

Preparation Time: 10 minutes

Ingredients:

1 cup cold brewed green tea

½ cup ice water

6 lime slices

¼ teaspoon fresh mint leaves, chopped

Ice cubes, as required

Instructions:

In 2 serving glasses, divide green tea, ice water, lime slices and mint and stir to combine.

Fill the glasses with ice and serve.

Healthier Detox Tea

Yield: 2 servings

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients:

4 cups water

1/3 cup raw honey

3 teaspoons fresh ginger, grated finely

3 teaspoons ground turmeric

¼ teaspoon salt

4 green tea bags

2 tablespoons fresh lime juice

Ice cubes, as required

Instructions:

In a pan, add the water, honey, ginger, turmeric and salt and bring to a boil on medium heat.

Simmer for about 8-10 minutes.

Remove from the heat and stir in tea bags.

Cover the pan tightly and steep for about 5 minutes.

Strain the mixture into a bowl and keep aside to cool.

Divide the tea and lime juice in serving glasses.

Fill the glasses with ice and serve.

Natural Detox Green Tea

Yield: 2 servings

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients:

2½ cups water

2 green tea bags

4 cucumber slices

4 fresh strawberries, hulled and sliced

2 lemon slices

2 teaspoons raw honey

Ice cubes, as required

Instructions:

In a pitcher, add boiling water and tea bags and brew, covered for about 8-10 minutes.

Discard the tea bags and refrigerate to chill for about 5-10 minutes.

Divide the tea and remaining ingredients into 2 glasses and serve.

Flavorsome Detox Tea

Yield: 7 servings

Preparation Time: 15 minutes

Ingredients:

1¼ cups boiling water

2 dandelion tea bags

5 cups cold water

1 cup water kefir

½ cup unsweetened cranberry juice

6 drops grapefruit oil

6 drops lemon oil

Instructions:

In a large glass pitcher, add boiling water and tea bags and brew, covered for about 8-10 minutes.

Discard the tea bags and mix remaining ingredients.

Refrigerate to chill completely before serving.

Fruity Detox Tea

Yield: 8 servings

Preparation Time: 15 minutes

Cooking Time: 4 minutes

Ingredients:

7 cups boiling water

5 green tea bags

¼ cup fresh ginger, chopped

5 green tea bags

¼ cup frozen pineapple, peeled and cubed

¼ cup frozen mango, peeled, pitted and cubed

1 orange, seeded and cut into rings

1 lemon, seeded and cut into rings

Instructions:

In a pan, add water and ginger and bring to a boil.

Remove from heat and stir in the tea bags.

Cover the pan tightly and steep for about 15 minutes.

Strain the mixture into a large glass pitcher.

Stir in remaining ingredients and keep aside in the room temperature to cool completely.

Refrigerate to chill before serving.

Aromatic Detox Tea

Yield: 8 servings

Preparation Time: 10 minutes

Ingredients:

9 cups boiling water

¼ cup fresh basil leaves

2 lemons, sliced

1 (3-inch) piece fresh ginger, chopped

3 tablespoons raw honey

Ice cubes, as required

Instructions:

In a large pitcher, mix together all ingredients.

Cover and steep for about 15 minutes.

Strain the mixture and keep aside in the room temperature to cool completely.

Divide the tea in serving glasses.

Fill the glasses with ice and serve.

Satisfying Detox Tea

Yield: 2 servings

Preparation Time: 10 minutes

Ingredients:

2½ cups boiling water

1 cup fresh mint leaves

4 green tea bags

2 teaspoons raw honey

Instructions:

In a pitcher, mix together water, mint and tea bags.

Cover and steep for about 5 minutes.

Refrigerate for at least 3 hours.

Discard the tea bags and divide the tea in serving glasses.

Stir in honey and serve.

Zesty Detox Tea

Yield: 2 servings

Preparation Time: 15 minutes

Ingredients:

1½ cups plus 4 teaspoons boiling water, divided

1 (4-inch) piece fresh lemon zest, cut into thin slivers

4 teaspoons green tea powder

1 cup fresh grape fruit juice

2 teaspoons raw honey

Instructions:

In a large pitcher, mix together 4 teaspoons of water and lemon zest.

Cover and steep for about 3 minutes.

Add remaining water and green tea powder and stir till well combined.

Stir in remaining ingredients and serve.

Soothing Detox Tea

Yield: 2 servings

Preparation Time: 10 minutes

Ingredients:

2½ cups boiling water

2 tablespoons loose leaf jasmine green tea

4 lemon slices

2 teaspoons raw honey

Instructions:

In a pitcher, mix together all ingredients.

Cover and steep for about 3-5 minutes.

Serve immediately.

Classic Detox Tea

Yield: 6 servings

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients:

8 cups water

1 (4-inch) piece fresh ginger, chopped

4 lemons, sliced

6 cardamom pods, bruised

1 cinnamon stick

1 whole star anise pod

3 tablespoons raw honey

Instructions:

In a pan, add water and bring to a boil on medium-high heat.

Stir in ginger, lemon slices and spices and reduce the heat to medium-low.

Simmer for about 5-10 minutes.

Strain the tea into a pitcher.

Stir in honey and serve.

Refreshing Detox Tea

Yield: 4 servings

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Ingredients:

6 cups water

½ of lemon, seeded and chopped roughly

1 (1-inch) piece fresh ginger, chopped

2 tablespoons maple syrup

Pinch of ground turmeric

Pinch of ground cinnamon

Instructions:

In a pan, add all ingredients on medium-high heat and bring to a boil.

Reduce the heat to medium-low and simmer for about 10-12 minutes.

Strain into cups and serve hot.

Comforting Detox Tea

Yield: 2 servings

Preparation Time: 10 minutes

Ingredients:

Boiling water, as required

4 teaspoons, fresh turmeric, grated finely

2 teaspoons fresh ginger, grated finely

½ cup coconut milk

2 teaspoons raw honey

1 teaspoon vanilla extract

¾ teaspoon ground cinnamon

Pinch of freshly ground black pepper

Instructions:

Fill 2 mugs with boiling water about halfway full.

Divide turmeric and ginger in both mugs evenly.

Cover the mugs tightly and steep for about 10-15 minutes.

Stir in remaining ingredients and serve.

Cold Reliever Detox Tea

Yield: 2 servings

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients:

2½ cups water

2 garlic cloves, peeled and mashed

2 tablespoons raw honey

2 tablespoons apple cider vinegar

2 cinnamon sticks

Instructions:

In a pan, add all ingredients and bring to a rolling boil.

Boil for about 2 minutes.

Strain into the mugs and serve.

Powerful Detox Tea

Yield: 2 servings

Preparation Time: 10 minutes

Ingredients:

Yield: 5 servings

Preparation Time: 10 minutes

Cooking Time: 3 minutes

Ingredients:

5 cups water

3-ounce fresh ginger, sliced

3 green tea bags

3 teaspoons dried dandelion root

2 cinnamon sticks

2 teabags

2 tablespoons fresh lemon juice

1 tablespoon coconut oil, melted

Liquid stevia, to taste

Instructions:

In a pan, add water and ginger and bring to a rolling boil.

Remove from the heat and stir in tea bags, dandelion root and cinnamon sticks.

Cover the pan tightly and steep for about 15 minutes.

Strain the mixture into cups.

Stir in remaining ingredients and serve.

Magical Detox Tea

Yield: 2 servings

Preparation Time: 10 minutes

Ingredients:

2½ cups boiling water

¼ teaspoon fennel seeds

¼ teaspoon coriander seeds

¼ teaspoon cumin seeds

Liquid stevia, to taste

Instructions:

In a pitcher, mix together all ingredients except stevia.

Cover and steep for about 5 minutes.

Strain the mixture into cups.

Stir in stevia and serve.

