

# Green Keto Ice Tea



Sip in this chilled green tea for a refreshing healthy drink that's tasty and helps flush out toxins.

## Ingredients for 2 serving (US/Metric)

- **Green tea**
- **0.5 *tbsp* Butter**
- **3 *tbsp* Coconut oil**
- **1.5 *tbsp* Heavy cream**
- **Ice cubes**

## Nutrition (US/Metric)

- **Protein: 0%**
- **Fat: 99%**

- **Net carbs:** 1%

## **Instructions**

1. Brew a cup of tea (your most-liked variety) twice the usual time.
2. Pour the coconut oil, softened butter, and cream. Mix until nice and frothy.
3. Transfer to a freezer to cool for a few hours. (\*leave overnight in case you wish to enjoy your tea the next morning)
4. Take the tea out of the freezer and put it in the blender along with ice cubes. Blend for 2-5 minutes till nicely mixed.