

Super-food Spotlight ~ The Incredible Oolong Tea

I am not a huge hot tea drinker, though I will have it on occasion, but... I love iced tea. I love sweet iced tea. I was raised on it. There is not much better on a hot summer day than a tall glass of sweet iced tea! However, a glass full of tea flavored sugar water is not so good for the waistline.

To fill my desire for sweet tea I have lots of options. I can take my regular iced tea and sweeten it with straight stevia. This is my favorite and the most economical because it only takes about a half a teaspoon for me to sweeten a whole gallon of tea. However, you **MUST** have a good stevia! I really highly recommend the stevia linked above. If you have been burned by the bitter taste of a low quality stevia, don't count it out till you've tried this one!

A couple other sweetening options are Super Sweet Blend (similar to truvia but sweeter) or Gentle Sweet. Gentle Sweet is the least economical option because it is not as sweet per ounce as the others, but some people just really like the taste.

So, iced sweet tea is a delicious refreshing drink, but how can we take it up a notch? Well, enter Oolong Tea!



This delicious tea makes a wonderful sweet iced tea, but with metabolism boosting benefits to boost. You can brew it just like regular tea and enjoy it hot or iced. Or if you really want to up the benefits you can turn this tea into a drink called The Shrinker. The link will take you to a recipe for this refreshing, weight loss promoting drink.



The Shrinker (FP) p. 400

This recipe went viral when we posted it on our fan page on Facebook. Here's why - as its name suggests, this drink helps shrink your fat cells. The combined thermogenic boosting ingredients promote energy and speed up your metabolism. But you'll want to drink this simply because it tastes good! The Shrinker is not a meal replacement, keep up your regular THM meals and snacks, but it is designed to be sipped between set times of eating. It helps resist the urge to graze, scarf, or over-snack. This is a single serve recipe that makes 1 full quart to be sipped on all day. Recipe can be doubled for a 2-quart sipper! This recipe can be found on page 400 of the Trim Healthy Mama Cookbook!

