

The Daily Tea



Green Mint Tea Gazpacho

INGREDIENTS

2 cups green grapes, divided
(1 cup whole grapes for blending & 1 cup halved grapes for garnish)
2 cucumbers, peeled, seeded and roughly chopped
(1 for blending & 1 for garnish)
3 stalks celery, roughly chopped
5 green onions, whites & green roughly chopped
2 garlic cloves, peeled
2 cups fresh mint leaves, divided
(1 for blending & 1 for garnish)

1 avocado, peeled and pit removed
4 tablespoons fresh lime juice (approx 4 limes)
2 cups water
¼ cup green tea oil
3.5 tablespoons Moroccan Mint Green Tea Blend
Salt and pepper to taste

DIRECTIONS

Bring 2 cups of water to a boil and then cool to 175 degrees. Steep 3.5 tablespoons of the Moroccan Mint Green tea for 3 minutes. Strain the leaves and cool tea completely (for a faster chill, pop the brewed tea into the freezer). Keep in mind that one cup of the brewed tea will be used during blending and the second cup will be stirred in at the end.

To blender, add 1 cup of whole green grapes, 1 cucumber, celery, green onions, garlic cloves, 1 cup of fresh mint leaves, contents of 1 avocado, 4 tablespoons of lime juice, 1 cup of cooled green tea oil and 1 cup of cooled brewed tea. Blend until all ingredients are pureed and soup is completely smooth.

Stir in 1 cup of the chilled green mint tea (this ensures that the soup won't be too frothy) and season to taste with salt and pepper. Store in an airtight container for an hour to allow flavors to blend and for the soup to fully chill. When ready to serve, stir soup (as it may have settled), pour into a serving bowl and top with 1 roughly chopped cucumber, 1 cup of halved green grapes, and 1 cup fresh mint leaves.

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