



Hillary's Cold Brew HydraTea

serves 4

Ingredients

4 Tazo Passion herbal tea bags

4 cups water

2 Tablespoons honey

1/4 teaspoon salt

1/2 cup grapefruit or orange juice

Juice of 1/2 a lemon

Directions

Add tea bags to a large container with 4 cups of water and cold brew in the fridge overnight. Once brewed, remove tea bags and combine tea with remaining ingredients in a blender or bottle with secure lid. Blend or shake ingredients until thoroughly combined. Serve over ice and enjoy!

Nutrition info per serving: 48 calories, 147mg sodium, 12g carbs, 53mg potassium, 18% d.v. vitamin C



Peanut Butter Date Energy Bites

Makes 30 bites

Ingredients

1 cup old fashioned oats

1/2 cup date purée

1/2 cup peanut butter

1/2 cup dried cranberries

1/4 cup chia seeds

1/4 cup ground flaxseeds

1/4 cup honey

1/2 tsp cinnamon

1/2 tsp vanilla extract

Directions

Add all ingredients to a large mixing bowl and thoroughly combine. Using your hands, roll about 2 tsp of mix into balls. Refrigerate or freeze in an airtight container.

Nutrition info per bite: 81 calories, 3g fat (0.4g sat fat), 19mg sodium, 12g carbs, 2g fiber, 8.5g sugar, 2g protein, 54mg potassium