

Fizzy Candy Cane Sipper

THM-Friendly: SIPPER

- 5 Celestial Seasonings Candy Cane Lane tea bags
- 1 cup hot water
- 1 tsp. vanilla extract
- 1 tsp. MCT oil
- 2 Tbsp. collagen
- 5 droppers full SweetLeaf Vanilla Cream liquid stevia
- 5 droppers full SweetLeaf Peppermint liquid stevia
- enough water to make 2 quarts (total)

Brew tea for 5 - 10 minutes in the cup of hot water.

Add tea and other ingredients to a pitcher and fill with water until it reaches 2 quarts.

Next, fill a glass with ice, add the tea mixture to about 3/4 of the glass, and top with plain seltzer. Stir gently.

enJOY!

Note: If you do not have SweetLeaf stevia drops you can add a little extra vanilla extract, a 1/2 tsp. peppermint extract and 1/2 cup THM Gentle Sweet.

