Berry Green Tea Spritzer

SERVES: 8

**ingredients**

- 4 cups water
- 4 green tea bags
- (Optional) 1 Tbsp honey
- 4 cups sparkling berry-flavored water
- 2 cups fresh or frozen berries
- Juice from 1 lemon
- Lemon slice for garnish

**directions**

Bring water to a boil and remove from heat. Add tea bags and let steep twice as long as package directions. If desired, add honey. Let cool. In a large pitcher, muddle 1 cup berries and lemon juice. Add brewed tea and sparkling water to pitcher. Add remaining berries and stir to combine. Serve in glass over ice with lemon slice garnish.
Cucumber Chickpea Salad
SERVES: 6

ingredients

1- 15 oz can chickpeas, drained, rinsed
1/4 cup diced red onion
2 cups grape tomatoes, sliced
1 medium cucumber, diced
1/2 cup fresh parsley, chopped
3/4 cup diced yellow bell pepper
(Optional) 1 avocado, diced
Salt & pepper, to taste

Dressing:

1/4 cup olive oil
1/4 cup lemon juice
(approx. 1 fresh lemon)
2 Tbsp red wine vinegar
1/2 tsp cumin

directions

In a small bowl, whisk together dressing ingredients. In a large bowl, toss the remaining ingredients. Season with salt and pepper. Pour dressing into large bowl, gently toss to coat. Refrigerate at least 1 hour before serving.
NOTE: If making a day ahead of time, add avocado just before serving.