**Cardamom Iced Tea**

**Prep + Cooking Time: 1 minute**  
**Makes 1 serving**

**Ingredients**

8 oz. water  
1 teabag  
1 cardamom pod or 1/2 teaspoon cardamom powder  
Ice cubes  
Lemon, sliced into rounds (optional)

**Directions**  
1. Add 1/4 cup of water, teabag and cracked open cardamom pod into a glass\*. Warm in the microwave for 20 seconds.

2. Remove glass from microwave, and squeeze iced tea bag into glass. Color should be a medium to dark brown. If color is lighter, put back into microwave for 10 more seconds.

3. Remove tea bag and set aside. Add ice cubes and water to fill glass.

4. Add optional lemon wedge. Enjoy!

\* This step is different than the cooking video. By putting the cardamom pod or powder in the first step instead of adding at the end, you will taste more infused flavor.

Note: 1 teabag can be used to make 2 individual glasses of iced tea