



## Energy for Your Workout!

Mate is the perfect workout drink! Mate will keep you hydrated and energized while running, biking, or at the gym.

Prepare a pitcher-full of iced mate, and before leaving for your workout, fill your water bottle with the brew and enjoy it as you work out.

To make iced mate, place 5 or 6 tea bags into a coffee filter in the drip basket, and run a full pot of water through it. For a stronger flavor, just add more tea bags.

The coffee maker water temperature is just perfect for mate preparation. Pour the resulting tea in a gallon pitcher and repeat the process until the pitcher is full. Then, just put it in the refrigerator for great iced MyTea Yerba Mate.

Feel free to flavor it with lemon wedges or mint leaves. For natural, healthy sweetness, without sugar, artificial chemicals, or extra calories, add Stevia according to taste.

You can brew iced MyTea Yerba Mate using a Mr. Coffee-style iced tea maker. You can brew up to three quarts at a time. Place 4 – 5 tea bags in the drip basket and run through a full pot of water. The brew temperature and slow filtering process makes a delicious tea and concentrates mate's flavor and nutrients into the brew.

### **Important Tip:**

Never use boiling water to prepare your MyTea Yerba Mate. It can spoil mate's flavor and valuable nutrients. You can create the perfect temperature by adding a splash of cool water or a single ice cube per cup of boiling water immediately after pouring.