



Cheese Tea Recipe

Ingredients:

- Tea of your choice (green or black are traditionally used, but you can use whatever tea you wish)
- Ice
- 3 oz. cream cheese, room temperature
- 3 tbsp sweetener (sugar or sugar substitute)
- ½ C whipping cream
- ¼ C half and half
- ½ tsp sea salt

Directions:

1. In a medium mixing bowl, add the sweetener and cream cheese. Beat on high until smooth and creamy.
2. Add the half and half, whipping cream and sea salt to the mixing bowl and beat until thick and frothy but still slightly runny (about 3 minutes with a hand mixer).
3. Steep your tea and pour it into a serving glass with ice. If you prefer your tea to be sweet, add additional sweetener.
4. Spoon the whipped cream mixture on top of the iced tea. Sprinkle additional sea salt on top, if desired. Do not mix the foam into the tea, leave it on top.
5. Drink up!