Argentina

MATE COCIDO

Prepared mate drink • 1 adult serving

WATER	BREW	SERVE
See preparation	See preparation	Warm

INGREDIENTS

yerba mate 2 g

drinking water 240 mL



Contains caffeine

Illustrative cup image

PREPARATION

1. Steep the loose mate in an infuser at about 80°C for 4 min or follow the bag directions. Strain into a mug.

NUTRITION NOTE

Serving size and added ingredients determine the nutrition of the prepared drink.

CAFFEINE & ALLERGENS

Contains caffeine. Check ingredient labels and substitutions.

SERVING NOTE

For adults. Check supplier directions and serving temperature. For iced drinks, chill promptly and keep cold.

Regional source