Paraguay

TERERÉ

Prepared mate drink • 1 adult serving

WATER	BREW	SERVE
See preparation	See preparation	Cold

INGREDIENTS

yerba mate 15 g

chilled drinking water 250 mL



Contains caffeine

Illustrative cup image

PREPARATION

1. Put mate in a clean cup with a bombilla. Add chilled water in small pours and drink freshly prepared. This simple version uses plain water.

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

MenuNio Aarti Serai
A Meal To Look Forward To