

The Art of (iced) Tea.

Here are 2 recipes to make iced tea from your favourite black or green loose leaf teas in just a few minutes

Easy Iced Tea Recipe (4 hours/overnight)

1. **Choose a jug or glass**
2. **Spoon 3 heaped teaspoons of your favourite Art of Tea black (or green) tea per 250ml water, into an infuser in your jug or glass** (allow plenty of room for tea leaves to expand)
3. **Fill jug or glass with freshly boiled water**
4. **Let steep 5-10 minutes***
5. **Remove infuser** (or strain if you don't have an infuser)
6. **Place in fridge for 4 hours or overnight to cool**

To Serve

Pour over ice cubes, with optional mint leaves, fresh berries or slices of lemon or lime.



Fast Iced Tea Recipe (less than 10 minutes)

1. **Choose a jug or glass**
2. **Spoon 3 heaped teaspoons of your favourite Art of Tea black (or green) tea per 250ml water, into an infuser in your jug or glass**
3. **Add freshly boiled water JUST ENOUGH TO COVER LEAVES** (allowing room for tea leaves to expand)
4. **Let steep 5-10 minutes***
5. **Remove infuser** (or strain if you don't have an infuser)

To Serve

Pour over ice cubes, top up with chilled water and add optional mint leaves, fresh berries or slices of lemon or lime.

**add honey or sweetener whilst the brew is warm if you prefer a sweeter iced tea.*

Both of these recipes can be adapted to caffeine free rooibos or fruit based tisanes. Just substitute 3 heaped teaspoons of black, or green tea for the rooibos or fruit blend. Rooibos and fruit blends are less likely to need added sugar or sweeteners.

Tips for making the best Iced Tea

- Choose quality loose leaf tea from a well known brand such as Art of Tea
- Ideally choose a flavoured black or green tea^ that has a robust flavour when brewed hot (this will then have enough flavour and body when chilled)
- Check the dry leaf has a vibrant aroma
- Always allow plenty of room for the leaves to fully expand in the brew stage (use a really large infuser or brew loose in a jug or teapot and then strain)
- Use fresh (ideally filtered) water from the cold tap, to boil
- Don't skimp on the 3 teaspoons of dry leaf per 250ml water. You can always dilute a cold iced tea, but you can't add strength once it is chilled. Ice cubes will also dilute the tea if used when serving.
- ^Understand if you want caffeinated or non-caffeinated iced "tea". Black and green teas naturally contain caffeine (green tea approx. half of black tea) and this will remain in the iced tea. Caffeine can be uplifting through the day but can negatively affect sleep if consumed after 3pm. Black and green teas make awesome iced teas, but so do naturally caffeine free rooibos and fruit based tisanes.
- Have fun trying different teas!

We recommend making iced tea from the following Art of Tea range:

Black:

Mango, Blackberry, Raspberry and Apple, Blackberry and Apple, Peach and Apple.

Green

Salamanca Blend, Japanese Evening Mist

Fruit

Berries of the Forest

Rooibos

Rainbow Blend, Sugar Glider, Organic Rooibos and Berries of the Forest combined (50:50)