

# Herbal Iced Tea



Herbal iced teas are the refreshingly, healthy alternatives to the high sugar sodas and artificially flavored “fruit” drinks. And with so many naturally flavored herbs and spices- the possibilities are limited only by the imagination.

## **How to Choose the Best Herbs for Iced Teas:**

For a mildly flavored taste...[Chamomile](#), [Red Clover](#), [Rooibos](#)

Extra-refreshing tea...[Peppermint](#), [Spearmint](#)

Natural citrus flavor...[Lemon Balm](#), [Lemongrass](#), [Sweet Orange Peel](#)

Vibrant red color and tangy flavor...[Rose Hips](#), [Hibiscus](#)

Energizing, caffeinated blends: [Green Tea](#), [Black Tea](#)

De-caffeinated herbs with tea-like flavor...[Rooibos](#), [Red Raspberry Leaf](#)

# Herbal Iced Tea 101

Brewing iced tea is much the same as brewing hot tea. However, you may want to make a slightly stronger brew to compensate for the dilution of added ice cubes. Here are a few tips for making great homemade iced herb teas:

- It's best to use more herb rather than steeping longer as this can produce a bitter flavor.
- While steeping, add sweeteners such as maple syrup or honeys.
- Enhance with real fruit juices and seltzer water.
- Garnish with fresh fruits such as peaches, apples, strawberries, and oranges.
- For maximum flavor and a fun presentation, use red hibiscus tea ice cubes (pairs well with Chamomile and Mint iced teas).
- **General Directions for Brewing a Cup:** Bring cold water to a boil. Add 2 tablespoons dried herbs to 1 cup of boiling water. Let steep for approximately 3-5 minutes or until desired strength. While steeping, add sweeteners such as honey
- **General Directions for Brewing A Gallon:** Pour 1 quart of boiling water over 2 ounces of dried herb. Steep 6 minutes, strain and stir into 3 quarts of cold water. Serve with ice and honey to taste.



## Other Cool Ways to Brew Herbal Iced Teas

Cold infusions are the cool alternative to making herbal iced teas, because they slowly extract the subtle flavors while preserving the plant's essential oils and other natural constituents that may evaporate with heat. The most popular infusion methods are:

**Sun Teas**...Harness the energizing power of the sun, creating a crisp tasting brew. Mint and floral herbs such as Chamomile and [Lavender](#) are best for sun teas.

- 1 cup dried herb
- 1 gallon cool water
- Cover herbs
- Sit in sunlight 4-6 hours
- Strain, add sweetener. Enjoy with ice and fresh herb or fruit garnishes.

**Moon or Lunar Teas**...Produce a smooth, mellow tasting brew. Tart, fruity tasting herbs like [Hibiscus](#) and [Rose Hips](#) make the best moon teas. Try this basic recipe the next time there's a full moon.

- 1 cup dried herb
- 1 gallon cool water

### Directions

Cover herbs. Sit in moonlight for 6-12 hours. Strain, add sweetener. Enjoy with ice and fresh herb or fruit garnishes.

**Refrigerator Teas**...A super simple, overnight brewing method that makes an extra-refreshing brew. The flavor of [Green](#), [Black](#), White, and [Red](#) teas really comes alive with this cool brewing style.

- 1 cup dried herb
- 1 gallon cool water

### Directions

Cover herbs. Steep in refrigerator for 12 hours. Strain, add sweetener. Enjoy with ice and fresh herb or fruit garnishes.



## Apple Spiced Green Tea

(Serves 4)

- 4 cups water
- 1/3 [cup loose Green tea](#)
- 1 Granny Smith apple, seeded and coarsely chopped, plus slices for serving
- 2 tablespoons honey
- 1/2 teaspoon freshly grated [nutmeg](#)
- 1/2 teaspoon freshly grated [cinnamon](#)
- 4 strips orange zest from half of an orange

### Directions

1. Combine water, honey, nutmeg, cinnamon, apple, and orange zest in medium pot; bring to a boil, reduce heat, and simmer 2 minutes.
2. Cover, remove from heat, and let steep 15 minutes. Strain through a fine mesh sieve over the green tea leaves, pressing all the juices from the apple. Let steep for 1 minute.
3. Fill a pitcher 1/3 full of ice. Strain out the tea into the pitcher. Serve in tall glasses with apple slices and ice.



## Iced Matcha Green Tea

(Serves 2)

- 4 tbsp Nature's Wonderland [Organic Matcha Powder](#)
- Juice from 1 lime
- 1 tbsp raw sugar (more or less to taste)
- 2 cups ice

### Directions

Mix Matcha powder, 1 tbsp of water and sugar together to make a paste. Slowly add in remaining water and lime juice, while whisking together. Add Ice and Enjoy!



# Iced Turmeric Cinnamon Tea

(Serves 2)

- 8 Cups of Water
- ½ Lemon Rough Chopped With Rind
- 3 tbsp Nature's Wonderland [Organic Turmeric Powder](#)
- 1 tbsp Nature's Wonderland [Powdered Cinnamon](#)
- ½ tsp Nature's Wonderland [Powdered Black Pepper](#)
- 2 Tbsp Maple Syrup (more or less to taste)
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## Directions

Add all of the above listed ingredients in a large pot. Bring pot to a boil. Let simmer for 10 minutes. Remove from heat and let cool. Strain into a glass jar. Chill overnight in the refrigerator and enjoy!



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