

HOW TO MAKE: *FLASH CHILLED ICED TEA*

Making iced teas is a great way to enjoy the flavour and health benefits of tea during the summer months. But don't buy those pre-packed iced teas full of preservatives and try not to lose all the goodness of the tea by brewing and then cooling overnight. Instead try **FLASH CHILLING** which locks in all the health benefits and flavour of the leaf and gives you instant iced tea. Here's how it's done:

To make a large glass of iced tea:



1. Add 2 large teaspoons of tea to a jug. Pour over about 300 ml of boiling water.



2. Add any extra flavours and allow to brew for 2 minutes.



3. Place a large handful of ice in a shaker. If you do not have one then just fill a glass full of ice cubes.



4. Pour tea through a filter into the shaker (or glass). If using a shaker, close lid and shake until all the ice has melted. If using a glass, stir until ice cubes have melted. The tea should be cool.



5. Pour from shaker into a glass with a few ice cubes and garnish with a wedge of fruit. If you are not using a shaker then just add a couple of ice cubes and garnish to the same glass.

ENJOY!

To make a larger serving just multiply the amount of dried tea, water and ice.



SOME SUGGESTED COMBINATIONS

TEA: DEW DROP JASMINE
FLAVOURS: MINT LEAVES, SUGAR, LIME ZEST

TEA: WHITE PEONY
FLAVOURS: JUST A TOUCH OF HONEY

TEA: EMPRESS OOLONG
FLAVOURS: SLICED LEMON, HONEY

TEA: CHRYSANTHEMUM
FLAVOURS: GINGER, HONEY, LIME JUICE

TEA: GONG FU RED
FLAVOURS: ROSE PETALS, ROSE CORDIAL

TEA: GREEN COIL
FLAVOURS: ORANGE ZEST, SUGAR

You can flash chill any tea and experiment with your own favourite flavour combinations.