

FLAVOURED WATER/ICED TEA

(courtesy Sally-Ann Creed)

Ingredients:

Fruit of choice (strawberries, raspberries, oranges – not bananas)

Big container for water, large jug. Add to this 4 teabags green tea or rooibos tea, or 4 tablespoons of the loose tea.

Fresh mint

Lemon/lime

Cucumber

Slices of a whole ginger or add ginger powder

Ice blocks

Method:

Prepare the tea

Mash berries and stir in, or float them in water sliced

Slice lemon/lime and place few slices in jug

Squeeze orange into water and toss in the oranges

Crush mint, and put into the jug

Slice in a some cucumbers

Add the ginger

Place in fridge and steep for 24 hours

Strain and serve clear iced tea/ flavoured water with ice blocks

Other Ideas:

Pineapple and watermelon give good colour and taste

Add herbs like basil, mint, rosemary, sage, thyme, lavender.

Make around a liter at a time

Fresh fruit better than frozen

Store water/iced tea in fridge in masonry jars and leave out the ice – add when serving drink

Raspberry and lime with a sprig of mint makes a good combination

Mint and pineapple work well together

Rosemary and watermelon work well

Blackberry and sage work well

Water keeps for 3 days in the fridge

To sweeten – if necessary – add stevia or xylitol

