

# Ice Tea

## INGREDIENTS

3 Tea bags (Rooibos or any fruit infused tea)

1 L Boiling water

4 Tsp Xylitol

Ice cubes

## Additional:

Lemon and mint

Strawberries

Lemon and ginger

Basil and watermelon

## METHOD

Add tea bags and boiling water to heat resistant jug. Allow to soak for 3 - 5 minutes until desired strength. Add xylitol to taste.

Allow to cool down before adding the ice cubes.

You can flavour your ice tea as desired by adding slices of lemon, ginger or fruit of choice.

You can also add mint and basil leaves.

For sparkling ice tea had soda water.



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