



Fruity Iced Green Tea

Looking for a recipe for a tasty yet refreshing way to stay hydrated this summer? Look no further! This iced green tea is lightly sweetened with fresh fruit and a touch of honey for a delicious summer drink. It is so important to stay hydrated during this heat and this tea is sure to do the trick!

Recipe makes x 8 servings

Cook time: 10 minutes

Prep time: 20 minutes



INGREDIENTS

3 nectarines, roughly chopped (can also use any other fruit, such as peaches or berries – whatever you have or prefer!)

1 box green tea bags, decaffeinated

2 tbsp honey

Lots of ice for cooling and serving

INSTRUCTIONS

1. In a small pot, combine chopped fruit and honey. Cook on medium heat until softened, about 10 minutes. Blend in a blender or food processor until smooth (I used an emersion blender but use what you have). Pour through a sieve into your pitcher (it may need to be stirred to help pass it through).
2. Bring about 2L of water to a boil. Once boiled, steep a full box of green tea bags in the water for about 10 minutes. This may seem like a lot, but your tea will become diluted when you pour it over ice, so it needs to be stronger than normal.
3. Add lots of ice to your pitcher, about ¼ full. Pour steeped tea into pitcher and mix to combine with fruit puree.
4. When ready to serve, add extra ice to your glass and pour your desired serving. Enjoy!

Tip: Keep in the fridge for about 1 week for a refreshing drink whenever you like!

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