



PREPARATION: 15 MINUTES

4 SERVINGS

# RASPBERRY ICED TEA

## INGREDIENTS

### Tea

1 liter water

2 tablespoons honey

¾ cup frozen or fresh raspberries

2 tea bags of black or green tea\*

Zest of 1 lime

Juice of 1 lime

½ cup fresh whole mint or basil leaves

Ice cubes

### Garnish

Fresh raspberries or strawberry slices

Mint or basil leaves

\* For a variation, use flavoured teas, such as Earl Grey or Jasmine

## PREPARATION

- 1 In a saucepan, add half of the water (500ml), honey and the raspberries.
- 2 Bring to a boil and remove from heat.
- 3 Add the tea, lime zest and juice, and the mint. Steep for 5–10 minutes.
- 4 Strain and pour into a container. Add the remaining water. Refrigerate for several hours.
- 5 Pour the flavoured tea into a large clear glass.
- 6 Add ice cubes, raspberries and mint leaves. Enjoy!

### Nutrient Analysis

Per serving: ¼ of recipe

<b>Calories</b>	<b>44 Kcal</b>
<b>Protein</b>	<b>0 g</b>
<b>Carbohydrates</b>	<b>12 g</b>
Fibre	0 g
Sugars	10 g
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>5 mg</b>
<b>Potassium</b>	<b>83 mg</b>
<b>Phosphorus</b>	<b>7 mg</b>

*These are estimates because of lacking nutritional data for some ingredients.*