Ginger Mint Iced Tea

PREP TIME: 5 minutes
COOK TIME: 30-60 minutes
SERVES: 4
CALORIES PER SERVING: 10

INGREDIENTS

- ☐ 4 cups water
- ☐ 4 tea bags
- ☐ 1 piece (7cm size) ginger root
- ☐ 2 oranges to produce 1 tablespoon grated orange peel
- ☐ 4 sprigs fresh mint
- ☐ 1 lime if you wish to garnish

INSTRUCTIONS

1: Thinly slice the ginger root and grate the peel of your oranges.
2: Heat water to boiling in a medium pot.
3: Add tea bags, ginger root and orange peel to boiling water and boil for 30 seconds before removing from heat.
4: Leave to sit for 10 minutes and remove tea bags.
5: Let stand 30 to 60 minutes.
6: Place mint leaves in ice-filled glasses.
7: Strain tea over ice using a strainer fine enough to stop ginger chunks making it into the glass. Add a slice of lime if you wish.
8: Strain and refrigerate any remaining tea.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.