



Flavored ice tea

5'
Hands on

6 hours'
Hands off

2'
Cook Time

12
Portion(s)

1
Difficulty



Ingredients

- 2 1/2 liters water
- 8 g green tea
- 4 teaspoon(s) honey
- orange juice, of 2 oranges
- 300 g strawberries

To serve

- 1 lime(s), in slices
- 1 orange, in slices

Διατροφικός πίνακας

Nutrition information per portion

23 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	4.1 Total Carbs (g)
1%	0%	0%	2%
4.1 Sugars (g)	0.0 Protein (g)	1.0 Fibre (g)	0.0 Sodium (g)
5%	0%	4%	0%

Method

- Place the water in a **pot** over medium heat. Add the tea bags and let them come to a boil.
- As soon as the water comes to a boil, remove pot from heat, add honey and orange juice.
- Cut the strawberries in half, or if they are very big, in 4. Add them to the pot with the rest of the ingredients. Cover with a plastic wrap.
- Allow the mixture to cool in the refrigerator for 6 hours so that the aroma of the tea and fruits comes out.
- Remove bags and serve with orange and lime slices.

Tip

To be even more refreshing, you can serve it with ice!