



# How to make homemade Iced Tea

**10 minutes**

Hands on

**5**

Portion(s)

**1**

Difficulty



## Ingredients

- 1 liter boiling water
- 4 black tea bags
- 100 g granulated sugar
- rind from 1 lemon, ideally organic and unwaxed
- lemon slices and/or other fruit, such as peaches, for serving (optional)

## Διατροφικός πίνακας

Nutrition information per portion

|                          |                         |                             |                            |
|--------------------------|-------------------------|-----------------------------|----------------------------|
| 80<br>Calories<br>(kcal) | 0.0<br>Total Fat<br>(g) | 0.0<br>Saturated<br>Fat (g) | 20.0<br>Total<br>Carbs (g) |
| 4%                       | 0%                      | 0%                          | 8%                         |
| 20.0<br>Sugars<br>(g)    | 0.01<br>Protein<br>(g)  | 0.0<br>Fibre (g)            | 0.0<br>Sodium<br>(g)       |
| 22%                      | 0%                      | 0%                          | 0%                         |

## Method

It's so easy to make flavorful, refreshing, homemade iced tea!!

- Pour 1 liter of boiling water in a heat proof jug.
- Immediately add the lemon rind and teabags.
- Allow them to infuse the water for about 5 minutes, until they release their taste and aroma.
- When ready, remove the lemon rind and teabags. Add the sugar and stir with a tall spoon until the sugar is completely dissolved.
- Let the tea cool at room temperature.
- You can then add slices of lemon or peach or any other fruit you like best.
- Refrigerate until completely chilled.
- Serve the iced tea in tall glasses with a lot of ice and fruit!