



Iced Tea

Ingredients

- Herbal tea
- Three Peaks Manuka honey

Garnish

- Sliced fresh ginger
- Sliced lemon
- Sprigs of mint or other fresh herbs

Or, any other ingredients that will compliment your tea used.

Serving for one but multiply ingredients to taste and depending on your jug size.

Method

1. Brew your favourite herbal tea and let steep to develop the flavours. While still hot (but not boiling) add Three Peaks Manuka honey to taste and stir until dissolved.
2. Let the tea cool before transferring to a jug, then refrigerate until cold.
3. Before serving, add ice and garnishes of your choice to complement the flavours of the tea.
4. Stir to combine and serve in beautiful glasses for a healthy, refreshing pick-me-up! We added sprigs of flowering Manuka as a finishing touch and natural swizzle stick.

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