

Citrus Iced Tea

Iced tea makes a lovely, refreshing drink in the summer when it is too hot for a cup of tea! Bear in mind that it needs to infuse for 2–3 hours (or overnight) and you will need to make ice cubes, so plan ahead.



Nutritional information per portion (240g):

Energy 185kJ 44kcal 2%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 11g 12%	Salt <0.01g 0%
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of an adult's reference intake.
Typical values per 100g: energy 77kJ/18kcal.

Equipment

Ice cube trays and freezer
Measuring jug
Kettle
Tea pot or large bowl
Measuring spoons
Serving jug
Chopping board
Sharp knife
Juice squeezer
Drinking glasses to serve

Ingredients

Serves 6–8 people
1.2 litres boiling water
6 tea bags
2 x 15ml spoons caster sugar
16 sprigs mint
300ml orange juice
1 lime (juice only)
1 small orange
1 small lemon
Lots of ice

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Measure the water before you boil it.
- Turn the ice tray upside down and run hot water over the bottom of it, for easy removal of the ice cubes.
- Double the recipe for a summer party!

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Method

1. Make up the ice cubes and freeze well in advance.
2. Place the tea bags into a large bowl or tea pot and add 1.2 litres of boiling water.
3. Add the sugar and 10 of the mint sprigs and leave to infuse for 15 minutes. Remove the tea bags.
4. Leave to cool, then place in the refrigerator for 2–3 hours (or overnight).
5. Remove the mint leaves. Cut the lime in half and squeeze the juice. Put lots of ice into a large jug and pour in the cold tea followed by the orange and lime juice.
6. Slice the orange and lemon into ½cm slices. Add the remaining sprigs of mint and the orange and lemon slices to the jug.
7. Stir thoroughly and serve in glasses with more ice.

Something to try next time

- Replace the orange and lime juice with 300ml pure or unsweetened peach juice. Garnish with 3–4 basil leaves.
- Use freshly squeezed orange juice. You will need about 8–10 oranges, depending on their size.

Prepare now, eat later

- Prepare up to 4 hours ahead. Chill in the fridge and add the ice cubes and mint just before serving.

Skills used include:

Measuring, chopping, mixing/combining, serving and cooling.