

10 Refreshing Iced Tea Recipes

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Creating delicious iced tea combinations is a snap with these 10 tried and true recipes from tea loving friends.

1) Simple Iced Tea with Lemon

4 regular tea bags in $\frac{1}{2}$ gallon of water. Serve with lemon slices.

2) Mint Tea

Fill a small saucepan with water and bring to a boil. Add 6 tea bags and a handful of mint leaves. Let Steep for several hours. Strain and pour condensed tea into a gallon pitcher and fill with cold water.

3) Light Orange Spiced Tea

Put 6 bags of decaf Green Tea and 3 bags of decaf Constant Comment into a pot to boil.

Turn off the heat when it comes to a boil and leave the tea uncovered to cool down. This makes 1 gallon of light, orangy-spiced tea. Option: Add $\frac{3}{4}$ cup of Stevia to sweeten.

4) Peach Mango or Blueberry Peach Tea

I like Tea Forte Peach Mango Tea. 7 tea bags to 1 gallon of water.

Also, Blueberry (4 tea bags) and Peach (3 or 4 tea bags) are yummy mixed together.

5) Ginger Peach Tea

Ginger Peach decaf tea from Republic of Tea is delicious. I buy in bulk and mix the equivalent of 7 tea bags per gallon of boiled water.

6) Simple Tea Properly Steeped

Boil your water in a metal pot, but transfer to a glass or plastic container for making the tea—1 gallon of water to 3 regular tea bags. Leave the tea bags in the water for 3 minutes or less—longer steeping brings bitterness. Sweeten as desired with sugar.

7) Berry Lemon Tea Combinations

Some of my favorite tea combinations are any of the berry types with lemon tea bags (Raspberry, Cherry, Blueberry, Strawberry). Boil one gallon of water and then add 4 or 5 berry tea bags and 3 lemon tea bags. This makes a delicious decaf herb tea that does not need to be sweetened.

8) Favorite Flavored Teas

Some great flavors of herb teas that make delicious cold drinks are Passion, Pomegranate, Lavender, Orange Chocolate, Orange/Cinnamon & Cloves, Rose and Pear White Tea by Revolution. I use 7 tea bags per gallon of boiled water.

9) Lemonade or Orange Soda Flavored Teas

Put about a quart of water in a saucepan. Add a 1-gallon sized Lipton Tea Bag (bought at Sam's Club or 4 family-sized tea bags). Bring water to nearly boiling and turn off heat. Let the tea steep in the water for 10 to 15 minutes. Put 1 cup of sugar in a plastic or gallon sized container and add hot tea from the saucepan. Fill the container with water and any of the following to complete a gallon: fresh lemon slices, orange soda or lemonade for different flavors.

10) Peach Tea

I use 4 bags of peach tea and 2 regular tea bags for one gallon of water