
ICED TEA

Take your glass to the next level!

Brighten Your Tea with Fresh Herbs:

Fresh herbs pair wonderfully well with iced tea. Try mint, rosemary, thyme, or even basil for a blast of flavor without any chemicals or empty calories.

Since these herbs may wilt if left submerged in the liquid for too long, place them in glasses just before serving. This will also help keep the flavor mild.

Add Beautiful Ice Cubes:

Grab your ice cube trays and put a couple slices of fruit in each one before filling them the rest of the way with water and returning them to the freezer. You can also do this with fresh herbs, or a combination of the two. This is a great way to add extra appeal to your glass.

Boost Flavor with Fruit:

This tip is a standby for a reason. If you make iced tea at home, then you can add natural sweetness and visual appeal with pieces of fresh or frozen fruit. Try any of the following...

- Pair mint tea with slices of citrus fruits like lemons, limes, and oranges. It also goes well with mango.
- Mix a fruit-flavored tea like Lemon Zinger with handfuls of frozen berries.
- Combine gentle herbal tea with slices of pear or pineapple.

Another way to use fruit in iced tea is to sweeten the tea with some 100% fruit juice. Remember to keep portion size low and just use a splash or two of juice in each cup.

