

Cool Off With Freshly Brewed Iced Teas!

lifestyles/
Food

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a About half of the American population drinks tea each day and about 85% of this tea is iced.

Globally, tea is the most widely consumed beverage, only second to water. So it is no surprise that the food celebration calendars have dedicated the month of June as National Iced Tea Month!

During the summer months we tend to be more health conscious and we pay even closer attention to the foods and beverages we are consuming. While it may be easier to reach for the ready-to-drink (RTD) bottled teas, be cautious of the higher calories and lower flavinoid (antioxidant) content. The RTD teas and powdered teas contain approximately 1/5 of the flavinoids of freshly brewed teas.

Consume what's good for you, and begin with freshly brewed tea using loose tea leaves. Visit your local farmers' markets and pick up fresh herbs such as peppermint, lemon grass, lemon verbena, or lavender, and use them to spice up your tea. Or try blending your favorite tea with fresh fruit (to increase the level of antioxidants) and ice cubes for a frosty iced tea smoothie! This summer, if you find yourself wilting under extreme heat and humidity, cool off by brewing up one of these revitalizing and icy cold teas and tisanes!

PINA COLADA ICED TEA

Makes one quart
3 tsp Pina Colada loose black tea
4 slices fresh pineapple

- 1 cup boiling water
 - 2 cups cold water
 - Up to 2 cups ice
 - 1. Steep the loose tea leaves in one cup boiling water for 15 minutes.
 - 2. Remove the tea leaves from the water and cool slightly.
 - 3. Add the cold water and enough ice to chill.
 - 4. Garnish with pineapple slices.
- *If you prefer; a small splash of rum can be added to this beverage for a soothing, relaxing summertime treat with friends!

STRAWBERRY/LEMONADE ICED

- TEA - Makes one quart
- 3 tsp Strawberry Green loose tea
 - 2 tbsp. organic sugar
 - ¼ cup organic lemon juice (*the organic lemon juice adds much more flavor to this recipe)
 - 1 cup fresh strawberries (reserve 4 strawberries for garnish)
 - 1 cup boiling water
 - 2 cups cold water
 - Up to 2 cups ice
 - 1. Steep the loose tea leaves in one cup boiling water for 15 minutes.
 - 2. Remove the tea leaves from the water and stir in the organic sugar.
 - 3. In a separate bowl, puree the strawberries and add the lemon juice.
 - 4. Combine the tea, strawberry puree, cold water and enough ice to chill.
 - 5. Garnish with fresh strawberries.

- ## PEACH/PINEAPPLE PIZZAZZ SMOOTHIE (caffeine-free) Makes 1 smoothie
- 2 tsp. Peach/Pineapple Pizzazz rooibos, ground with a spice grinder

- ½ cup fat-free organic milk
 - 1 peach, sliced and pits removed (reserve one slice for garnish)
 - 12 ice cubes
- **Combine all above ingredients into a blender until smooth. Garnish with remaining peach slice.



MANGO-MATCHA SMOOTHIE

- Makes 1 smoothie
- 1 tsp. Matcha tea
 - 1 cup hot water
 - 2 tsp. organic sugar
 - ¼ cup rice milk
 - ¼ cup mango juice
 - 12 ice cubes
1. Stir Matcha tea into hot water until dissolved.
 2. Add organic sugar and stir until dissolved.
 3. Stir in rice milk and mango juice.
 4. Add to blender with ice cubes and blend until smooth.



Danielle Beaudette is the owner of The Cozy Tea Cart in Brookline, NH. One of the first 15 in the world to be certified as a Tea Specialist, she continues to broaden her knowledge of tea through on-going studies with the Specialty Tea Institute, the World Tea Expo, and travels to tea countries around the world. For more information call 603-249-9111 or visit www.TheCozyTeaCart.com. **A**