



SILK ROAD

EARL PINK TEA POPSICLE RECIPE

FEATURING EARL GREEN TEA

Welcome to the refreshing and icy cool world of tea popsicles! Tea popsicles are an easy and delicious summertime treat. Not only are tea popsicles rich in antioxidants and nutrients that are good for you, they are also low in calories and sugar, and are free of artificial flavours and colours.



EARL PINK TEA POPSICLES

EARL GREEN TEA

**2 tbsp. Earl Green
loose tea***

2 cups water

3 tbsp. sugar

1 cup grapefruit juice

1 cup cranberry juice

*The following teas also work well in this recipe: Alchemist's Brew, Philosopher's Brew, Ruby Pagoda, Japanese Sour Cherry, Sublime, Canton Orange, Ceylon, Lychee Fruit, Peach Paradise, Rose Petal tea. Colour of popsicles will vary depending on the tea that is used.

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for more tea recipes.
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Bring water to just before the boil. Pour 2 cups water over 2 tbsp. loose tea. Steep for 3 minutes. Strain tea into a heatproof jug (plastic or stainless steel) and stir in sugar to dissolve. Refrigerate until completely chilled. Combine chilled tea with juices.*

Pour into popsicle molds, and freeze. Wait until popsicles are completely frozen before serving.

*Tip: Never combine hot tea with grapefruit juice.

To transform this into an “adult” popsicle, add up to ¼ cup of gin or vodka to this recipe.

Tea popsicles are all-natural and preservative-free, so be sure to consume within 4 days. Caution: Re-freezing a popsicle that has started to melt or thaw can contaminate the popsicle, which can lead to food borne illness.