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SILK ROAD

CLASSIC ICED TEA RECIPE

Herbal Tea



Herbal Iced Tea is an excellent caffeine-free refreshment that is rich in nutrients, and great for adults and kids. When it's homemade with premium quality tea, it's bursting with antioxidant goodness and delicious flavour. Iced tea is easy to make in large quantities, and is incredibly economical, too. Enjoy sipping this thirst quenching and healthy drink on a daily basis.

CLASSIC ICED HERBAL TEA

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chilled method:

Pour 4 cups boiling water over 2 tbsp. Silk Road loose herbal tea. Steep for 7–10 minutes, strain into a stainless steel or heatproof jug, and refrigerate until cold.

instant method:

Pour 2 cups boiling water over 2 tbsp. Silk Road loose herbal tea. Steep for 7–10 minutes, and strain over 2 cups ice in a stainless steel or heatproof jug to chill instantly.

1624 Government St.,
Victoria Chinatown.
Visit www.silkroadtea.com
for more tea recipes.
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tea with a citrus twist

Studies indicate that adding fresh citrus to herbal tea may improve absorption of antioxidants—a citrus twist tastes great and is good for you, too! Almost all Silk Road herbal teas work well with a citrus twist. Add a mellow citrus flavour by pouring hot tea over lemon, lime, orange, and/or tangerine slices before cooling the tea. For a more tangy flavour, squeeze the citrus into the tea once the tea is cold. (Don't squeeze citrus into hot tea, or it will cloud the tea). Use citrus as a garnish, as well.

tea with a kiss of sweetness

Sweeten with honey, maple syrup, or sugar (white, raw, or brown). Add sweetener while the tea is still hot so that it dissolves completely. Try anywhere from as little as 1 tsp. for every 2 cups of tea, up to a full tbsp., depending on how sweet you like your tea.