



SILK ROAD

TEA SLUSHIE RECIPES

Tea Slushies are delicious, thirst quenching, and good for you, too! Tea has a wide range of health benefits—it is rich in antioxidants and brimming with amazing properties.



TEA SLUSHIES

MAKES 1 LITER

**3 tbsp. of your favourite
Silk Road loose tea**

1 cup hot water

3 cups ice

**1–2 tbsp. sugar or honey,
or ¼ cup fruit juice**

Pour 1 cup water over 3 tbsp. loose tea. Follow brewing instructions on the tea tin label. When the tea has finished steeping, strain and stir in honey, sugar, or juice. Combine sweetened tea with ice, and whiz in blender to create slushie.

Optional: Frozen fruit (mangoes, peaches, cranberries) are a great addition to slushies.

1624 Government St.,
Victoria Chinatown.
Visit www.silkroadtea.com
for more tea recipes.
RECIPE © SILK ROAD 2009

additional recipes:

MANGO COLADA

Brew 3 tbsp. Mango Shade tea in 1 cup hot water. Add 1 tbsp. honey. Whiz tea with 1 cup frozen mangoes, 1½ cups ice, ½ cup coconut milk.

MATCHA SLUSHIE

Blend 3 cups ice, 1 cup milk (dairy, soy, or coconut), ½ cup water, and 3 tsp. Matcha in blender. Optional: Add 2 tsp. sugar.

PEACHES & CREAM

Brew 3 tbsp. Peach Paradise tea in 1 cup hot water. Add 1 tbsp. honey. Whiz tea with 1 cup frozen peaches, 1½ cups ice, ½ cup cream.

CHAI SLUSHIE

Brew 3 tbsp. Silk Road Chai, Herbal Chai, or Red Bush Chai tea in 1 cup hot water. Add 1 tbsp. sugar. Blend with 3 cups ice and ½ cup dairy or soy milk.



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