

Rejuvenating Iced Tea

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 6-8 cups of water (or more depending on size of jug)
- 2 tbsp Radiance loose leaf Tea
- 2 tbsp Joyous Rejuvenate loose leaf Tea
- 1 lime, sliced
- 1 lemon, sliced
- Handful fresh mint
- Optional: 1 tbsp honey or 20 drops liquid stevia
- 1-2 cups ice

Instructions:

1. Fill up your kettle with water and bring to a boil. Place loose tea into an infuser or tea bag.
2. Using 2 large mugs, place infuser or tea bags one in each mug. Fill each mug with hot water. It will get very concentrated - this is exactly what you want because it will get diluted again when you put it in the jug with ice and cold water.
3. Add ice to a large jug. Add infused tea from each mug into the jug. Next fill up to the top with water and add lime and lemon slices and fresh mint.
4. Place in fridge until fully chilled. When ready to drink pour into glass and garnish with mint and a slice of lemon or lime. EnJOY!

Notes:

Serves 8. You can find both Radiance and Rejuvenate tea in the Joyous Shop!

Shopjoyoushealth.com/herbal-tea