# Tea Recipes

Tea isn’t just for drinking as a typical white and one, or even black with a slice of lemon. We’ve included several recipes for you to try – both hot and refreshingly cold.

Do you have a recipe for a great hot or iced tea that you’d like to share? Please send it to us!

Hot Teas

* Vanilla Chai Tea
* Cran-Ginger Tea
* Marmalade Tea
* Warm Sipper

Iced Teas

* Cranberry Orange Iced Tea
* Ginger Iced Tea
* Raspberry Honey Iced Tea
* Strawberry Tea Smoothie

## Hot Teas

### Vanilla Chai Tea

Vanilla might not be part of a traditional version of chai, but its not an addition you want to miss. It helps to mellow out the spiciness of the tea.

Ingredients:

* 4 cups water
* 3 allspice, whole
* 5 cloves, whole
* 1 cinnamon stick
* 1 vanilla bean (1-inch)
* 1/3 cup honey
* 1 tbs loose black tea leaves

Preparation:

In a saucepan, heat water along with all the spices. Bring to a lower simmer and let steep for about 5 minutes. Add tea leaves and continue to steep for another 5 minutes. Strain out the tea and stir.

### Cran-Ginger Tea

A tangy blend of ginger and cranberries. This tart tea recipe will make your taste buds jump for joy, and wake you up in the morning.

Ingredients:

* 2 tea bags
* 2 cups hot water
* 1/2 cup ginger, fresh and thinly sliced
* 1/2 cup cranberries
* 1/2 cup cranberry juice
* Pinch of nutmeg

Preparation:

Steep tea, ginger and cranberries in water for 15 minutes. Strain and add nutmeg and cranberry juice. Serve warm.

### Marmalade Tea

Ingredients:

* 5 cups water
* 3 tea bags, black
* 1/2 cup orange marmalade
* 2 tbs sugar
* 2 tbs lemon juice

Preparation:

Steep tea in near boiling water for 5 minutes. Stir in marmalade, sugar and lemon juice, until marmalade is melted and well mixed. Strain if desired and serve.

Serves 4-5

### Warm Sipper

Rather than apricot nectar, you can mix the apple juice with either peach juice or pineapple juice for a similarly fruity tea.

Ingredients:

3 tea bags, green

1 cup apple juice

1 cup apricot nectar

Preparation:

Heat juices together in a saucepan until boiling. Remove from heat and add tea bags. Steep for 2 minutes, then strain out the tea bags. Serve hot.

Serves 2

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## Iced Teas

### Cranberry Orange Iced Tea

A tart and fruity iced tea recipe, that you can use to improve some regular iced tea (either homemade or bottled). Garnish with some orange slices for added colour.

Ingredients:

* 2 quarts iced tea
* 1 can frozen cranberry juice concentrate
* 1 cup orange juice
* 1/3 cup sugar

Preparation:

In a large pitcher, stir together the cranberry juice and the orange juice. Add iced tea, and then mix in sugar. Continue stirring until the sugar is dissolved. Put back in the fridge and let chill through and serve over ice. Serves 8 - 10.

### Ginger Iced Tea

A strong iced tea, made with fresh ginger. If you're looking for a change from the usual lemon iced tea, then you should give this bold ginger iced tea a try.

Ingredients:

* 5 tea bags
* 2cm piece of fresh ginger
* Sugar to taste

Preparation:

Slice ginger root into thin slices and crush. Heat 1 quart of water and let tea steep with the ginger. Let steep over low heat for at least 10 minutes. Strain out tea and ginger slices and add sugar. Let cool and serve over ice.

### Raspberry Honey Iced Tea

Very refreshing in the summer. I've always that that raspberry juice was the most summery of fruit juices. This recipe is nicely flavoured without being too sweet. Only honey, no sugar.

Ingredients:

2 cups tea

2 cups raspberry juice

1/4 cup honey

Preparation:

Mix raspberry juice, tea and honey. Whisk until honey is dissolved. Serve cold over ice. You can substitute cranberry juice, instead of raspberry for a different taste.

Serves 4

### Strawberry Tea Smoothie

Using non-fat yogurt will make this smoothie healthy and tasty. You should have no trouble finding fresh strawberries in the summer. Use strawberry yogurt if no fresh berries are available.

Ingredients:

2 tea bags

2 cups boiling water

2 cups plain yogurt

3 tbs honey

1 cup sliced strawberries

Preparation:

Brew tea and let steep for around 6 minutes. Remove the tea bags. Blend yogurt, berries and honey until smooth. Add tea, and blend a bit more. Serve over ice.

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