



BYRON BAY TEA CO

## Summer Iced Teas

---

Cool down with these BBTC iced tea recipes

## Cool Ideas

---

As the long, hot summer days are fast approaching and you are looking for that refreshing and delicious beverage to quench your thirst, why not consider experimenting with a BBTC iced tea? Iced teas are a deliciously healthy alternative to regular juices, soft drinks or sodas and can be a fun addition to a summer party (with or without alcohol!). Check out our suggested brewing method and recipes below. Enjoy!

*Sarita x*





## What You Will Need

---

- ① A brewing device of your choice (one of the following)-:
  - a. Disposable teabags & a jug (useful if you are making a big batch)
  - b. Teapot with infuser;
  - c. Tea flask;
  - d. Iced tea jug;
  - e. Saucepan (for iced Chai)
- ② Some boiling water (preferably filtered);
- ③ And... a BBTC herbal tea!

\*We recommend using boiling water to infuse the herbal tea so that you can extract the active constituents of the herbs that have the therapeutic action. Then the infusion is cooled down.

## How to Brew

---

- 1 Place 1 teaspoon of BBTC tea per 220 mls of boiling water into chosen brewing device.
- 2 Infuse for 5-7 minutes & strain
- 3 Place into refrigerator for 5-6 hours
- 4 Serve with ice and a slice of lemon, fresh fruits, berries or fresh mint.
- 5 Experiment with exotic fruits, veggies and herbs using them alone or in combination, to see which flavours you like best.





## Our Top Brews

---

All our teas can be made as iced teas but some are more refreshing than others. Below are our top picks for a cooling iced tea-:

- Energy
- Digest
- Immunity
- Ginger Zing
- Tummy Tone
- Glow
- Chai



**" Iced teas are one of the healthiest and most enjoyable ways to stay hydrated on a long, hot summer's day. By experimenting with various teas, fruits & exotic ingredients you can create some unique & delicious flavours without needing to add sugar, thereby helping to maintain the health benefits of the herbal teas."**

**Sarita Merlo**

Naturopath, Herbalise & BBTC Founder



## Energy

---

- ① Place 1 teaspoon of tea per 220 mls of near-to-boiling water into chosen brewing device.
- ② Infuse for 6-7 minutes.
- ③ Strain into a jug & place into refrigerator for 5-6 hours to chill.
- ④ Serve with ice & fresh berries.

# Immunity

- 1 Place 1 teaspoon of tea per 220 mls of near-to-boiling water into chosen brewing device.
- 2 Infuse for 6-7 minutes.
- 3 Strain into a jug & place into refrigerator for 5-6 hours to chill.
- 4 Serve with ice, fresh lemon & a lemon myrtle leaf to garnish.





## Tummy Tone

---

- ① Place 1 teaspoon of tea per 220 mls of near-to-boiling water into chosen brewing device.
- ② Infuse for 6-7 minutes.
- ③ Strain into a jug & place into refrigerator for 5-6 hours to chill.
- ④ Serve with ice & fresh mint leaves.

# Chai

---

- 1 Place 2 heaped teaspoons of Chai into saucepan, per 1 cup (220 mls) of water & bring to the boil.
- 2 Leave to steep for 4 minutes.
- 3 Add 1 cup (220 mls) of milk (cow, soy or almond) & bring to the boil once again.
- 4 Remove from heat & strain into jug.
- 5 Place into refrigerator for 5-6 hours or until cool.
- 6 Serve with honey & over ice with a cinnamon stick.

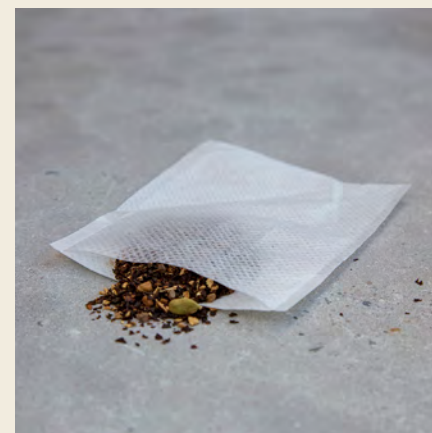
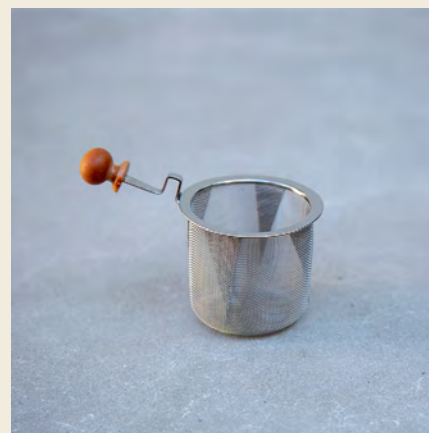




## Brewing Made Easy

---

Check out our Teaware section online for more info!



## New Iced Tea Jugs

---

Keep your tea cool with this large jug that makes the perfect way to store your iced tea in the fridge! It has a tight seal, an easy-to-hold handle, and washes easily. Japanese homewares company Kinto have been designing and producing smart, design-driven products since 1972. Kinto's Iced Tea Jug carefully balances usability and aesthetics to provide comfort for everyday use.

Price- \$49.95





BYRON BAY TEA CO

E - [orders@byronbayteacompany.com.au](mailto:orders@byronbayteacompany.com.au)

P - (02) 6687 2093

W - [byronbayteacompany.com.au](http://byronbayteacompany.com.au)