



Blueberry rooibos iced tea

Serves 8

Recipe by Katelyn Williams

Ingredients :

- 4 bags rooibos tea
- 2 cups blueberries
- ¼ cup Selati sugar or Selati sweetener
- 1 tbsp lemon juice
- lemon wedges
- fresh mint
- ice cubes with blueberries frozen inside, to garnish

Methods :

1. Place the tea bags in a large jug and pour 8 cups of boiling water over. Allow to steep for 5 minutes then discard the tea bags.
2. In a large saucepan, bring blueberries and 1 cup water to a boil. Reduce heat and simmer for 5 minutes or until the blueberries begin to break down. Add the sugar or sweetener and allow to cool.
3. Strain the blueberry syrup into the cold tea and stir in the lemon juice, ice and mint.

TIP: Serve the ice tea with blueberry swizzler sticks by threading blueberries onto a wooden skewer.