

Pear, ginger and lemongrass iced tea

<https://youtu.be/QLgIvnqHM3A>

Serves 4

Recipe by Zola Nene

Ingredients :

4 heaped Tbs green tea leaves

2 stalks lemongrass

1 thumb size piece fresh ginger

4 Tbs Selati sugar or Selati sweetener to taste

700ml water

300ml pear juice

To garnish:

1 pear, sliced

Slices fresh ginger

Lemon verbena

Methods :

In a pot combine the green tea, lemongrass, ginger, honey and water then bring to the boil, remove from the heat and leave to steep for 20 minutes.

Strain the tea and pour into a jug filled with ice.

Top with pear juice.

Garnish with sliced pears, ginger slices and lemon verbena.