

Iced Green Tea with Immune Booster Syrup



0 made it | 0 reviews



Dominika Dytko 2nd runner up from The Immunity inspired by tea challenge

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Used Teas



Exceptional Ceylon
Green Tea

Ingredients

Iced Green Tea with Immune Booster Syrup

- 200ml Dilmah's Exceptional Green Tea
- 100g Water
- 100g Sugar
- 40g Fresh Ginger
- 80g Sea-Buckthorn Juice
- 20ml Lemon Juice
- Citrus Fruits
- Mint
- Bee Pollen to garnish

Methods and Directions

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- Add sugar, sliced ginger and water into a pot and simmer until a syrup is formed.
- Let cool and refrigerate. When it's chilled, add sea-buckthorn juice and combine.
- Brew the tea and let that cool down too.
- Add ice into a glass, pour 200ml of the brewed green tea, 40ml of the prepared syrup and lemon juice.
- Add sliced fruits and mint (before adding clap it between your hands - it releases more aroma), sprinkle with bee pollen, and serve chilled.