

Immunity Boosting Sun Tea



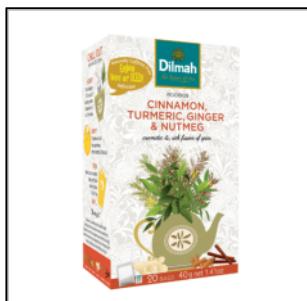
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Robin Gary from Immunity inspired by tea challenge

- Sub Category Name
Drink
Mocktails/Iced Tea
- Recipe Source Name
Immunity Inspired by Tea Recipes
- Festivities Name
Autumn
Spring
Summer
Winter
- Activities Name
Immunity Inspired by Tea Recipes

Used Teas



Rooibos Cinnamon,
Turmeric, Ginger &
Nutmeg

Ingredients

Immunity Boosting Sun Tea

- 5 cups Filtered or Rain Water
- 4 Dilmah's Rooibos with Cinnamon, Turmeric, Ginger & Nutmeg Tea Bags
- 2 Dilmah's Premium Decaffeinated Ceylon Tea Bags
- 1 Cinnamon Stick, broken in half
- 2-3cms Ginger Root, sliced thinly
- 2-3cms Fresh Turmeric Root, sliced thinly
- 1 tbsp, Tamarind Paste
- Honey
- 1 Lime or ½ Lemon, thinly sliced

Methods and Directions

Immunity Boosting Sun Tea

1. Cut strings and tags off teabags and place in a five-cup serving jug.
2. Cover with 5 cups of water.
3. Add in ginger and turmeric slices, half the lemon or lime slices and the cinnamon stick.
4. Place jug in the sun for 5-6 hours.
5. Strain tea into a container.
6. Place the strained ginger, turmeric and cinnamon in a saucepan with one cup of tea. Heat and let simmer.
7. Add tamarind paste and honey and stir until well dissolved
8. Strain back into the reserved tea, in the serving jug, and chill under refrigeration.
9. Serve with plenty of ice cubes and the remaining sliced lime or lemon.