

# **Immunity Boosting Sun Tea**





- 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.

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