

## 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.

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