



Iced Vital Rooibos Tea

A jug of iced Vital Iced Rooibos Tea is something you can keep ready and waiting in the fridge at all times.

Ingredients:

4 Bags of **Vital Organic Rooibos Tea**

Lemon wedges

Honey

Various fruits, fruit juices and herbs (to taste).

Steep the tea bags for five minutes. Strain tea bags. Pour the tea into a jug. Add ice cubes to cool it down quickly. Add enough cold water to your liking. Keep it simple with just a wedge of lemon or a spoonful of honey, or make it fancy by mixing in other fruits like watermelon, apples or pineapple. Also add mint, for a fresh, crisp taste.
