



HAVE YOU HAD YOUR GLASS OF ANTIOXIDANTS TODAY?

Feel refreshed and brimming with health this summer with these easy and delicious Summer Iced Tea recipes proudly brought to you by **Vital Organic Rooibos Tea**.

The jewel of Africa's rich heritage, Rooibos Tea (known as African Red Tea) from *Aspalathus linearis* has been used for centuries as a medicinal herb with indigenous South Africans.

Caffeine-free and rich in antioxidants, *Aspalathus linearis* assists in protecting against free radicals associated with the degenerative effects of ageing. Renowned for its significant health benefits, Rooibos Tea can help to maximise skin health, calm the central nervous system, while also improving liver function and digestion for overall general wellbeing.

Say Cheers to Health!

Vital Organic Rooibos Tea is available from supermarkets and health food stores nationally.

1300 131 686 www.rooibos.net.au

HONEYDEW & GRAPE ROOIBOS SPRITZER Serves 4

- 1 small honeydew melon
- 1 cup (250 ml) **Vital Organic Rooibos Tea**, brewed & chilled
- ½ cup (125 ml) seedless green grapes
- ½ cup (125 ml) lime juice – freshly squeezed
- ½ cup (125 ml) honey
- 2 cups (500 ml) sparkling water

Cut the melon in half, scoop out the seeds, peel and cut into 2.5 cm cubes. Rinse grapes well. Freeze the grapes and melon for one hour. Combine frozen melon and grapes with the freshly squeezed lime juice, **Vital Organic Rooibos Tea** and honey. Puree in a blender until smooth and add sparkling water as needed. Serve immediately.



REFRESHING FRUITTAIL Serves 1



- 40ml **Vital Organic Rooibos Tea**, brewed & chilled
- 50ml apple juice
- 50ml strawberry juice
- 50ml granadilla juice
- 50ml sparkling grape juice
- A strawberry or two, sliced
- Fresh mint leaf

Mix tea, apple, granadilla and strawberry juices and chill. Add sparkling grape juice and strawberries just before serving and garnish with a mint leaf.

PEACH & ROOIBOS SMOOTHIE Serves 2

- 2 heaped tbspn frozen chopped banana*
- 1 chopped peach
- 1 chopped nectarine
- 4 tablespoons of natural yogurt
- 142ml apple juice
- 142ml **Vital Organic Rooibos Tea**, brewed & chilled

Place all the ingredients in a blender or food processor puree until smooth and serve chilled. *To freeze bananas, peel ripe bananas and chop into 2cm pieces. Place in a rigid container, seal and freeze until solid.

