

HOMEMADE ICED TEA

Ingredients

2 cups boiling water
4 tea bags of black tea
2 tea bags rose hip tea, hibiscus tea or red tea (rooibos) bags
2 cups cold water
1/8 cup granulated sugar, adjust to taste
Juice from 2 lemons
Iced cubes

Instructions

- Steep the tea bags for 5 minutes in boiling water and discard them afterward (do not squeeze them out because it will make the tea bitter). Pour into a 1-liter pitcher.
- Add the cold water, juice of 2 lemons and granulated sugar. Stir until dissolved.
- Leave it on your countertop for 1 hour to cool down then store in fridge until chilled.
- Serve over ice

Notes:

Use 1/8 cup sugar, adjust according to your taste, or leave out the sugar completely. (1/8 cup = slightly sour; 1/4 cup sugar = sweet; 1/2 cup = very sweet)
Substitute the granulated sugar with agave nectar or coconut sugar

