

Summer Ice Tea

The Olde Town Spice Shoppe

By Carol Hurst

Iced Tea is a great thirst quencher for a hot summer day. It's health benefits make it a great beverage choice any day!

Sweet Spiced Tea

- 8 black teabags
- 10 cloves
- 4 cinnamon sticks, crushed/broken
- 2" strip of lemon zest
- ½ cup sugar

Heat 3 cups water and when beginning to boil, remove from heat and place teabags, cloves, lemon zest and cinnamon stick pieces in to steep for 5 minutes. Remove teabags and spices and stir in sugar.

Cool and refrigerate

Fruit Iced Tea

- 4 cups of brewed herbal tea
- ½ cup pineapple juice
- ½ cup orange juice
- 1 lemon juiced
- 1 cup sugar

Combine all ingredients and refrigerate.
Garnish with lemon and orange slices.

