

# Rooibos Iced Tea

Ice and spice for a cool (**English**<sup>1</sup>) drink.

## Ingredients

- 4 **FAIRTRADE** rooibos tea bags
- 2 litres boiling water
- 40 ml **FAIRTRADE** honey
- 15 ml **FAIRTRADE** ground ginger
- 5 ml **FAIRTRADE** ground nutmeg
- 5 ml **FAIRTRADE** ground cinnamon
- 1 **FAIRTRADE** lemon

## Method

### Preparation

Brew 2 litres of tea using the teabags and boiling water, ponching the bags occasionally to extract the flavour.

Remove the bags and add the honey and spices.

Mix well and allow to cool.

Make 12 or more tea-ice cubes in the freezer.

### To serve

Serve in tall glasses with three ice cubes and a slice of lemon per glass.

Or serve in a communal jug.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>