

# Summer drinks Recipes

## Week 4: Orange Earl Grey Iced Tea

### Fluid Fact #4: Antioxidants

- Earl Grey tea is infused with the flavour of bergamot, a small citrus fruit that is known for its antioxidant benefits. Bergamot is also best known for its soothing abilities to fight off tension and stress.
- Orange juice contains the antioxidant, hesperidan, which improves blood vessel function and helps lower the risk of heart disease.

According to Canada's Food Guide,  $\frac{1}{2}$  cup (125 ml) of 100% juice is equivalent to **one** serving of fruits and vegetables. Remember, look for three things on a label:

1. **100% pure fruit juice.** There are no added sugars in 100% juice; just the natural sugars.
2. **Not-from-concentrate.** Just like fresh squeezed juice, there is no water, sugar, or preservatives added.
3. **Juice  $\neq$  Drink.** "Drink," "Beverage," "Punch," "-ade," or "Cocktail" usually contains very little fruit juice and mostly sugar and water.

### Orange Earl Grey Iced Tea



$\frac{1}{4}$  cup loose Earl Grey tea, or 12 Earl Grey tea bags  
Peel of 1 orange, plus orange wedges for garnish  
4 cups boiling water  
 $\frac{3}{4}$  cup orange juice  
 $\frac{1}{4}$  cup sugar  
4 cups cold water

### Directions

1. Steep loose tea (or tea bags) and orange peel in boiling water for 3 to 5 minutes.
2. Strain the tea (or remove tea bags and orange peel) and pour into a large pitcher. Stir in orange juice and sugar until the sugar is dissolved. Add cold water. Refrigerate until chilled, about 2 hours. Serve over ice with orange wedges, if desired.

Nutritional Information (per serving)			
Calories	35	Potassium	67 mg
Protein	0 g	Cholesterol	0 mg
Carbohydrate	9 g	Sodium	5 mg
Total Fat	0 g	Fiber	0 g
Saturated Fat	0 g	Makes 8 servings	

Resources: <http://www.eatingwell.com/>, <http://www.livestrong.com/>, <http://www.fruitjuicefacts.org/>