

Tazo™ Iced Passion Tea: A Healthy, Cool & Refreshing Drink

Tazo™ Iced Passion Tea is a very popular drink at Starbucks but did you know that this drink is easily (and much more inexpensively) made at home? Skip the line-up and keep your money in your pocket because we're going to show you how to prepare this drink yourself!

Tazo™ Iced Passion Tea

Yield: 1 serving

Ingredients:

Water
1.5 tablespoons honey
1 single teabag of Tazo Passion Tea
Ice
Frozen raspberries (or other berries) for garnish

Directions:

Set at least 1 cup of water to a boil.

Place teabag in a large heat-proof glass. Measure 1 cup of boiling hot water, and steep tea with hot water. Remove and discard tea bag after tea has steeped for 5 minutes. Add honey and stir to allow honey to melt. Set tea aside to cool at room temperature for about 10 to 15 minutes. Pour tea in a serving glass and top with desired amount of ice and toss in a few frozen berries. Serve immediately.



The Benefits of Passion Tea:

Herbal teas are not actually “tea” as they don’t come from a tea leaf. Tazo’s Passion Herbal Tea contains the following ingredients: hibiscus flowers, exotic herbs, itric acid, orange peel, licorice root, cinnamon bark, rose hips, lemongrass and red poppy. Each of these herbs has therapeutic value.

Rose hips are rich in the antioxidant vitamin C and research studies have shown that rose hips may be an effective treatment for the painful symptoms of osteoarthritis. Hibiscus is a traditional remedy for hypertension and can lower blood pressure in type-2 diabetics. Cinnamon is a warming and stimulating spice that is used as a remedy for digestive conditions such as colic and diarrhea. Licorice is believed to be an anti-ulcer remedy and a cancer preventative.

While the level of these ingredients in Tazo Passion Tea may not provide the therapeutic doses of these herbs, the fact that it contains these ingredients make this tea a healthy beverage choice, either hot or iced! So the next time you need to relax for a few minutes, brew up this tea and enjoy!

Sources: www.fullthymestudent.com, www.livestrong.com, www.teadiscussion.com