

Iced Teas this Summer

Sip on these iced tea recipes that are just as healthy and refreshing as they sound!

Berry Iced Teas

Blueberries and cranberries are great assets to health due to their antioxidant properties. Cranberry and blueberry tea made from the *leaves* of the blueberry plant **prevents of activity of free radicals** (a molecule that can damage cell structure) due to the high antioxidant content! Blueberries are associated with liver protection and improved brain function whereas cranberries are associated with reduced urinary tract infections and dental health. Get sippin'!

Blueberry Rooibos Iced Tea

Ingredients

4 bags rooibos tea
2 cups fresh or
thawed blueberries
¼ cup packed
brown sugar [to
desired taste]
1 tbsp fresh lemon
juice
Lemon wedges

1. Steep tea in 8 cups of boiling water for 5 min. Discard bags.
2. In a saucepan, bring blueberries and 1 cup of water to boil. Reduce heat and simmer for ~5 min, stirring often until blueberries break down. Add to tea.
3. Add brown sugar, let cool to room temperature, ~30 min. Refrigerate for 2 hours.
4. Strain through a cheesecloth lined sieve (or very fine sieve) into a pitcher, pressing solids gently. Stir in lemon juice and garnish with lemon wedges.

Nutritional Information (per serving = 1 cup)

47 calories, 0g total fat, 12g carbohydrates, 0g fibre, 0g protein



www.canadianliving.com

Cranberry Orange Iced Tea

Ingredients

2 cups boiling water
6 cranberry tea bags
¼ cup fresh lemon
juice
¼ cup sugar [to desired
taste]
2 cups water
1 ½ cups orange juice

1. In a large heatproof pitcher, steep the boiling water with tea bags for 5 min. Discard tea bags.
2. Stir in lemon juice and sugar until it dissolves.
3. Mix in cold water and orange juice until desired sweetness.
4. Refrigerate until chilled.

Nutritional Information (per serving = 1 cup)

40 calories, 0.1g total fat, 8.8g carbohydrates, 0.2g fibre, 0.5g protein



www.allrecipes.com

Sources: www.livestrong.com, <http://nccam.nih.gov/>

Piljac-Zegarac, A., Belscak, A., & Piljac, A. (2009). Antioxidant capacity and polyphenolic content of blueberry (*Vaccinium corymbosum* L.) leaf infusions. *Journal of Medicinal Food*, 3, 608-614.

Green Iced Teas

Green teas are particularly healthy because they are high in a group of antioxidants called *catechins*. Catechins are more powerful than Vitamins C and E in stopping oxidative damage to cells and have other disease-fighting properties such as reduced risk for heart disease! The best way to get the catechins is to drink green tea that has been freshly steeped for no more than 5 minutes.

Green Jasmine Mint Iced Tea

Jasmine tea is known for its pleasant aroma, which comes from the petals of jasmine flower.

Ingredients

6 green jasmine tea bags
½ cup fresh mint leaves
4 cups simmering (not boiling) water
½ cup fresh lemon juice
1/3 cup honey
4 cups cold water

1. Steep tea and mint leaves in simmering (not boiling) water for 2-3 minutes. Discard tea bags.
2. Strain mint leaves and pour into a large pitcher. Stir in lemon juice and honey until dissolved. Add cold water.
3. Refrigerate until chilled. Garnish with fresh mint sprigs if desired.

Nutritional Information (per serving = 1 cup)

46 calories, 0g total fat, 13g carbohydrates, 0g fibre, 0g protein



www.eatingwell.com

Citrus Iced Teas

Arguably, the most important flavonoid in oranges is *herperidin*. Research has shown it to lower high blood pressure and cholesterol in animal studies and have strong anti-inflammatory properties. Most of herperidin is found in the *peel and inner white pulp*, rather than the liquid orange center. Grate some orange zest and don't peel the inner white part off in this drink!

Citrus Orange Iced Tea

Ingredients

6 ordinary tea bags (Red Rose, Lipton, etc)
2 tbsp sugar
10 sprigs fresh mint
300 ml fresh orange juice
zest of an orange
juice of 1 lime
½ sliced orange

1. Steep tea with 1.2 L of boiling water. Add sugar and dissolve.
2. Add mint and infuse for 10 minutes. Strain everything and cool.
3. Pour into a pitcher, stir in juices, zest, and serve with orange slices and mint and ice.

Nutritional Information (per serving = 1 cup)

37 calories, 0g total fat, 9g carbohydrates, 0g fibre, 1g protein



www.bbcgoodfood.com

Source: <http://www.health.harvard.edu/>, www.whfoods.com