FRESH & COOL

Jasmine Iced Tea with Peach

PREP
10 min

SERVES
4 glasses

Vegan | Vegetarian

Cold-brewed jasmine tea with ripe peach and a little sugar. Floral, cool and very easy.

Ingredients

- 4 jasmine tea bags, or 4 tsp loose jasmine tea
- 1 litre cold water
- 2 ripe peaches, sliced
- 2 tbsp sugar or maple syrup, or to taste
- Juice of 1/2 lemon
- Ice
- Mint sprigs, to serve

Method

1. Put the tea into a large jug with the cold water and leave in the fridge for 6 to 8 hours or overnight.
2. Remove the tea bags or strain out the leaves.
3. Muddle half of the peach slices with the sugar and lemon juice in the bottom of a jug or glasses.
4. Pour in the tea and stir until the sugar dissolves.
5. Serve over ice with the remaining peach slices and a sprig of mint.

Cook's tip

Cold brew for no more than 8 hours. Longer than that and even jasmine tea starts to taste bitter.