



Tea Time!: Chill Out with 40 Iced Tea Recipes You Can Make at Home - Refreshing, Energizing, and Soothing (Paperback)

By Martha Stone

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you love iced tea? If you do then this is the only recipe book you are ever likely to need. Here, you will find 40 of the easiest (and best!) iced tea recipes around, and you can brew them all in your own kitchen. Some herbals are made with ingredients from plants grown around the world and can help ease stress, calm digestion, and aid weight loss. Other teas are simply delicious, and they combine well with fruit juices to make flavorful beverages. Choose from energizing blends including Sparkling Ginger and Blueberry Iced Tea using black and green tea, soothing Lemon Verbena Chamomile Cooler, and stress busting Tulsi tea, which can help reduce anxiety symptoms. Or, if you re in a party mood, try orange pekoe tea spiked with rum and lemon. Even your sweet tooth is catered for, as aromatic teas such as Earl Grey are paired with honey and sweet syrups, and fragrant Jasmine with creamy coconut. There are times when you just crave a cold drink; instead of reaching for the soda, why not chill out with...



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