

HOME MADE ICE TEA

Ingredients :

- 10g of green or black tea
- 1 litre of water
- 1 cucumber
- 1 bunch of mint
- Other fruits according to your taste

Recipe :

Brew 10gr of your tea of choice in 250ml of boiling water for 3 minutes, strain and leave to cool.

Put 1 bunch of mint and 50 grams of sliced cucumber in the remaining 850ml of water.

Combine the two mixtures in a large jar and leave to infuse overnight in a cool place. Feel free to add any other seasonal fruits you find at home to avoid food waste.

Enjoy fresh, at any time of the day.

Storage recommendations: Store at $\leq 5^{\circ}\text{C}$. After preparing, consume quickly.

