

Blueberry and Ginger Iced Tea



If you're looking for a refreshing drink that's full of antioxidants and delicious, you'll love this blueberry ginger iced tea! If you're not a fan of ginger, you can simply leave it out and enjoy it just as much!

Preparation 7 min

Cooking 20 min

Servings 6

Nutrition Facts (per serving)

Calories 70

Fat 0

Carbohydrates 18

Fibre 2

Protein 1

Sodium 10

Ingredients

Tea

- 1 L (4 cups) of water
- 2 white tea bags
- 500 ml (2 cups) fresh or frozen blueberries
- 2 peaches, peeled and cubed or 80 ml (? cup) frozen peaches

- 30 ml (2 tbsp) maple syrup
- juice of 1 lemon
- 15 ml (1 tbsp) chopped ginger

Assembly

- Ice cubes
- Lemon wedges
- Blueberries
- Fresh rosemary sprig (optional)

Preparation

1. In a pot, heat 1 L (4 cups of boiling water) to about 98 degrees Celsius or just before boiling. Remove from heat and steep the 2 tea bags until the water is lukewarm (about 20 minutes).
2. Meanwhile, place blueberries, peaches, maple syrup, lemon juice and ginger in blender. Blend until smooth.
3. For an even smoother consistency, you can strain the mixture, otherwise go directly to step 4.
4. Pour the blueberry mixture into 6 glasses, followed by the lemon wedges and ice. Add tea, stir, then garnish with blueberries and rosemary sprig if desired.

Notes



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