

The Daily Tea

THE ALEXIS SHOW



Summer Herbal Iced Tea

Add a twist to your favorite iced tea by using herbs from your garden! Look beyond the obvious choice of mint and try something new, such as basil, tarragon, thyme, or rosemary.

Steps:

1. Add a handful of fresh herbs to the bottom of a large pitcher (or use tablespoon of herbs in the bottom of one glass for a single serve sip).
2. Muddle with wooden spoon to release the flavors and fragrance of each herb.
3. Fill the pitcher or glass with ice.
4. Pour in your favorite iced tea.

Note: Tarragon adds a burst of sweet anise flavor to iced Sencha green tea infused with orange slices. Basil balances a watermelon infused Assam black tea. Try lemon thyme with a Formosa oolong iced tea infused with peaches.

Stay tuned for weekly webisodes of The Alexis Show, coming this July.

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