

Fruity iced tea punch

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Fruity iced tea punch

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Forget store-bought iced tea because this fruity punch has it all.

Ingredients (serves 3 to 4)

- 2 tea bags (see note above)
- 2 cups boiling water
- 2 cups ice
- 1-2 cups fresh or frozen fruit (orange slices, berries, kiwifruit, cubed watermelon)
- 1 mint sprig

Method

Place tea bags in a teapot or a small saucepan and add boiling water. Allow the tea to steep for 5 minutes. Place ice in a water pitcher or jug. Top the ice with fruit of choice and add the mint sprig. Pour hot tea into the jug, stir and enjoy.

NOTE: You can use all fresh or a mixture of fresh and frozen fruit for this drink. Black or green tea works best, but if you prefer a caffeine-free concoction, opt for a tisane or a rooibos blend. You'll need a 1.5 L pitcher or jug. The tea bags as well as the fruit mixture can be re-used 1 to 2 more times.

Words, recipes and images: **Martyna Angell**, [The Wholesome Cook](#).

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