



Iced White Tea w/ Fresh raspberries and nectarines



Nutrition facts per serving



125 calories	31.5 g carb	0.5 g total fat	1.5 g protein	13 mg sodium	4.2 gm Fiber
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10 Heaped Teaspoons
of White Tea

2 Peaches or
Nectarines - Sliced

1 Cup of Raspberries

3-4 Tablespoons of
Honey

Optional Fruit and
Mint Spriggs to Serve

Servings Made: 3 Serving Size: 16 fluid oz

Instructions:

1. In a medium saucepan, add 5 cups (40fl oz) of water, raspberries, nectarines and honey. Bring to a gentle simmer and set aside to cool for 10 minutes.
2. Add the white tea and allow to steep for a further 3-5 minutes.
3. Pour over large glasses of ice though a fine mesh strainer to remove the tea leaves and the fruit pulp.
4. Add slices of fruit, berries and mint spriggs to serve.