THE LIGHTER PLATE METHOD

Hibiscus & Berry Iced Tea

Ruby-red, floral and lightly tart — a grown-up soft drink.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**15 min**	**20 min**	**4**	**EASY**

Ingredients

- 4 hibiscus or berry tea bags
- 200 g frozen mixed berries
- 1 orange
- 3 tbsp honey
- 800 ml boiling water
- fresh mint and ice, to serve

Method

1. Put the tea bags in a heatproof jug with the honey and pour over the boiling water. Steep for 10 minutes.
2. Remove the tea bags and stir in the frozen berries — they will chill the tea as they thaw.
3. Add the juice of the orange and a few pared strips of its zest.
4. Chill until cold, then pour over ice and finish with mint.

Tips & swaps

- Hibiscus is naturally tart, so taste before adding more honey. This keeps three days in the fridge and deepens in colour as it sits.

Storage & reheating

Keeps in the fridge for up to 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
70	**0g**	**18g**	**0g**	**1g**

Estimated values, for guidance only.