

Herbal Iced Tea

This refreshingly herbal iced tea is like drinking a cup of blooms, providing both nourishment and relaxation by simply following the steps in this recipe! Here you'll learn how to make iced tea with hot water and loose leaf tea. I used mostly dried herbs in this recipe, but fresh herbs also make a wonderful addition to iced tea.



What you'll need...

- 1 tbsp dried damask rose
- 1 tbsp dried or fresh red clover
- 2 tbsp fresh mint (peppermint or spearmint)
- 1 tbsp dried horsetail
- 1 tsp dried orange flower petals (optional)
- 2 tsp orange blossom water
- 2 tsp sweet basil seeds (called tukmaria or sabja on packaging)
- Ice cubes
- Honey to taste

- 1 Steep the damask rose, red clover, mint, horsetail, and orange flower petals (optional) in 2 cups of hot water, covered to trap the aromatic oils, for 10 minutes.
- 2 Then strain the tea and let it cool. Serve over ice. This is a beautifully simple tea all by itself, and if you would like an extra special iced tea experience, you can follow the steps below.
- 3 For an extra special iced tea experience, you can soak 2 tsp of sweet basil seeds in $\frac{1}{2}$ cup of water for at least 30 minutes until the seeds swell and form a gel. This offers more texture to your tea drinking experience.
- 4 To assemble each serving, add half of the soaked basil seeds, 1 tsp of orange blossom water, and honey to sweeten and mix together. Then, add ice cubes and top them up with the cooled tea in a tall glass. Enjoy your loose leaf herbal iced tea!