

# Libre Iced Tea



## Compendium

Volume 1

[www.libretea.com](http://www.libretea.com)

It looks like summer is finally here! As the weather gets warmer we begin to prefer cold drinks to hot drinks. So...let's talk Ice Tea!

Ice Tea can be made with plain or flavored black or green tea, herbal tea, rooibos tea, and fruit teas.

When making Ice Tea you will need to use twice as much loose leaf tea per serving then you would for hot tea. Other ingredients might include lemonade, sugar or sweetener of your choice, lemon, lime or orange slices, mint leaves, etc. Some Ice Teas only take 5-10 minutes to make while others can take 1 hour, over night or even 24 hours to make.

### Apple Lemon Pomegranate Ice Tea

Make the tea as usual, being sure to double the amount of Apple Lemon Pomegranate rooibos tea and let steep for 6 minutes. Sweeten with Stevia or rock sugar to taste. Fill a glass 3/4s full of ice and pour the hot tea in, then add a slice of Lemon as decoration



### Iced Green Tea

1/3 cup (75ml) green tea leafs  
6 cups of water  
6 slices of oranges and/or lemons  
Sugar (or your favorite sweetener)  
2 cups of ice

#### **Preparation:**

In large measuring cup or teapot, place green tea leafs, orange and lemon slices; cover with boiling water and steep for 10 – 12 minutes. Strain into large pitcher; add sugar to taste and stir until dissolved. Serve over ice.

## Iced Black Tea

Black Tea  
Lemon Slices  
Ginger Simple Syrup  
Ice

### **Preparation:**

We usually make a huge soup pot of extra strong black tea, so it won't get too diluted when we add ice. Then I like to add lemons, and a ginger simple syrup.

*The simple syrup is easy to make: 3/4 cup sugar, 1/2 cup water, and take 2 inches of ginger peel and slice. Bring sugar and water to boil, add ginger. Simmer until sugar is dissolved, and it has a nice strong gingery taste! Simple syrups are a great way to sweeten iced tea, since sugar doesn't dissolve well in cold water.*

Sara

<http://teahappiness.blogspot.com/>



## Black Ice Tea

Black Tea – Bags or Loose  
Water

### **Preparation:**

1. I had a bunch of black teabags that I didn't like. I took 8 or 9, put them in 2 quarts of water and left it in the fridge at least overnight but it seemed like the longer it sat, the better he liked it.
2. I also use about a quarter cup of loose leaf tea, usually green, in 2 quarts of water and let sit in the fridge for at least 12 hours. Again, the longer it sat the better he seemed to like it. Strain & drink!

Christina

## Peach Schnapps Iced Tea

1/4 ounce of Ben Shan oolong)

Water

Peach Schnapps to taste (I recommend at LEAST a shot per glass).

Ice cubes

### **Preparation:**

Make the Oolong Tea (we got ours from Chicago Tea Garden). Add the schnapps in after the tea cools for about 10 minutes then throw some ice cubes in it. I guess you could add honey and/or ginger if you weren't pleased with the end result, but this drink is so simple and good that we all felt adding anything would just be overbearing (but to each their own). It is basically like drinking a cloud. Delicious!

Adam W.

## Blueberry Peach Iced Tea

9 tsp organic Rooibos tea

2 peaches peeled, pitted and sliced

1 cup fresh blueberries

3 tablespoons honey



### **Preparation:**

Steep tea in 6 cups of boiling water for 6 to 7 minutes. Purée half of the peaches and blueberries with honey in a blender until smooth. Transfer to a large pitcher with remaining fruit. Add 3 cups ice cubes to pot with hot tea and stir until melted. Pour tea into pitcher with fruit. Serve immediately over ice, or chill until ready to serve. (YUMMY!)

Sarah

### Raspberry or Piña Colada Ice Tea

1 scoop Raspberry or Piña Colada  
1+ scoop Sugar  
Lemon or Orange wedges  
Water

#### **Preparation:**

In a Libre Tea Large glass n poly put 1 scoop Raspberry or Piña Colada Roobios Tea (without tea measuring spoon) with equal amount sugar, plus a bit more. Steep 5 min and place in fridge to cool over night. Add some lemon or orange wedges and enjoy. Simple to make, looks and tastes great.

Bruce

### Gold Rush Ice Tea

6 cups of water  
Sufficient amount of loose leaf black tea  
(preferably a good Assam)  
1 blood/navel orange or lemon  
Agave/honey

#### **Preparation:**

1. Steep tea in hot water for 5 mins (or whatever the tea calls for)
2. Remove the tea leaves and stir in a desired amount of sweetner
3. Let cool for 10 mins
4. Slice your citrus fruit of choice and add to liquid
5. Chill and serve the liquid gold over ice!



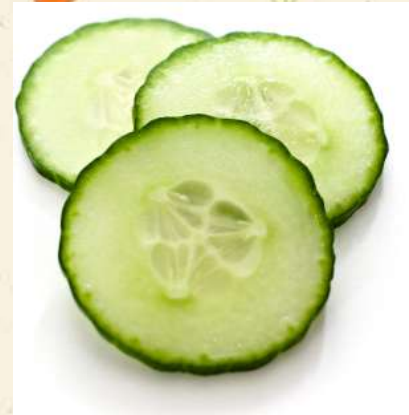
Anonymous

## Cool Breeze

4 tsp green tea (Jasmine is great, but plain is fine too)  
Water  
1/2 cucumber, very thinly sliced  
1 bunch of fresh mint  
2 or 3 trays of ice cubes  
Favourite sweetener, to taste

### **Preparation:**

1. Steep your tea with 500ml of hot, but not boiling water for 3 minutes. Remove tea leaves.
2. Add your favourite sweetener (I prefer honey). It should taste overly sweet at this point, because the tea will be diluted.
3. Combine tea and ice cubes in a pitcher. Stir.
4. Add cucumber slices.
5. Tear off mint leaves and roll between thumb and forefinger to release flavour before adding to pitcher.
6. For stronger cucumber-mint flavour, leave it in the fridge for a few hours. Otherwise, enjoy straight away!



Amy W.

## Sun Tea

Herbal or Black Tea  
Libre Tea Glass or Glass Pitcher  
Water  
Lemon Slices  
Ice Cubes

### **Preparation:**

Put a good herbal or black tea in Libre Tea glass or glass pitcher. Fill with water and place outside in the sunshine for a few hours and then just adding fresh sliced lemons after it has been poured over ice.

Raquel

## Lime and Mint Fresno Ice Tea

Juice of 2 limes  
1 sliced lime  
3 table spoons of green tea  
10 fresh mint leaves  
10 tbsp of white sugar  
4 cup of boiling water

### **Preparation:**

Brew tea in boiling water. Crush mint leaves with the juice of 2 limes and sugar and pour the brewing tea over it in a pitcher and add the sliced lime. Serve cold in glasses and enjoy!



Catherine Rochette

## Peach Schnapps Iced Tea

1/4 ounce of Ben Shan oolong (we got ours from Chicago Tea Garden)  
Water  
Peach Schnapps to taste  
Ice cubes

### **Preparation:**

Make the Oolong Tea. Add the schnapps (I recommend at LEAST a shot per glass) in after the tea cools for about 10 minutes then throw some ice cubes in it. I guess you could add honey and/or ginger if you weren't pleased with the end result, but this drink is so simple and good that we all felt adding anything would just be overbearing (but to each their own). It is basically like drinking a cloud. Delicious!

Adam W.

## Apple Ice Tea

3 cups boiling water  
4 tea bags  
1/3 cup honey  
3 cups apple juice

### **Preparation:**

- 1). Steep tea bags in hot water for 5 minutes.
- 2). Remove tea bags and stir in honey and juice until honey is dissolved.
- 3). Chill and serve over ice in your Libre container, ENJOY!

Stephanie

## Sencha Green Ice Sun Tea

Sencha green tea  
Filtered Water  
Cucumber, Lemon or Lime



### **Preparation:**

Simply add a couple of heaped teaspoons of sencha loose green tea per litre of water, (or bags if preferred) to a glass pitcher, add filtered water. Let sit at room temperature or in a sunny window to brew, strain to remove tea, then refrigerate.

To jazz up the tea, when ready to serve put 1 cup of brewed tea in blender with an inch or two of fresh cucumber, blend, then pour into drinking glass and top with ice and additional tea if needed.

*Alternative:* If you feel like you need a bit of fizz, skip the pop, add club soda to your ice tea glass with a twist of lemon or lime.

*Tip:* tea brewed with boiling water can turn bitter when used for iced tea. If you want your green tea hot, use 2/3rds boiling, 1/3 cold water, then add your tea. Make a pot, refrigerate the leftovers for iced tea.

Riva



## Citrusy Iced Tea

2 large tea bags  
3 c. hot water  
1/4 c. sugar  
1 (6 oz.) can frozen lemonade  
3 cans cold water

### **Preparation:**

Steep tea for 30 minutes, add sugar and remove bags. Add lemonade, water and stir. Serve over ice.

Bruce

## Pineapple Ginger Green Tea

1 1/2 cups water  
5 tea bags Pineapple Ginger Green Tea  
1 cup coconut water  
Ice for serving  
Kiwi slices for garnish

### **Preparation:**

1. Bring 1 1/2 cups of water to just short of boiling and pour over tea bags into an infuser in a heat-resistant pitcher. Allow to infuse for 3 minutes.
2. Remove tea bags.
3. Combine cooled tea with coconut water and pour over ice into glasses
4. Garnish with fresh kiwi slices.
5. For sweetener I add honey when it's still hot or pink sugar packets

Andrea V.



## Cranberry Cinnamon Ice Tea

1 quart water  
5 oz cranberries  
3 or 4 tbsp honey (depending on sweetness of fruit)  
1/2 orange juiced  
3 tbsp lemon juice  
5 whole cloves  
1/2 cinnamon sticks

### **Preparation:**

Boil water and cranberries then let simmer for about 20 minutes. Add rest of ingredients, cover and steep for at least 45 mins before cooling to room temp and refrigerating.

Serve ice cold. Pairs wonderfully with pound cake or biscuits (the tartness of the drink cuts the buttery sweetness of the treats).

Maggie

## Green Ice Tea

Green Tea (bagged or loose)  
Water  
Sweetener of Choice  
3 Mint Leaves



### **Preparation:**

Steep the green tea a little longer than usual and 3 mint leaves. Flavor last and stands on it's own. You can even add some sweetener if you have to have it but I prefer mine without. It's also great either chilled with lots of ice or hot or even just room temperature.

Ron

## Coconut Mint Iced Tea

¼ - ½ Cup Mint Leaves  
½ gallon of Water  
1 - 2 tbsp Sugar or alternative  
1 tbsp Coconut Milk

### **Preparation:**

Steep 1/4 – 1/2 cup freshly picked and dried mint leaves of your choice in 1/2 gallon of water. I like to leave mine in the sun for the afternoon to let the sun help infuse the minty goodness into the water. After the tea has infused to your liking pour one pint glass 3/4 full. Add 1-2 tablespoons honey, sugar, maple, agave, or sweetener of your choice along with 1 tablespoon coconut milk, not coconut water. You want it to be nice and creamy. Blend well and enjoy!

Another one of my favorite mint tea variations is a ginger mint. I steep my mint tea with bits of dried ginger for a minty, spiky pick me up in the morning!

Amber G.

## Fresh Fennel Iced tea

Fennel Tops  
Water  
Lemon  
Honey



### **Preparation:**

After roasting the fennel bulbs I have never wanted to throw away all the greens on top - so it makes perfect iced tea. Boil enough water to cover all the fresh tops you have- chop them up first. Steep fennel tops in freshly boiled water for 4 hours or overnight. Strain and flavor with lemon and honey. Very refreshing!!

Andrea Shanti

<http://www.holisticbodytherapy.net>

## Ginger Tea

Black tea  
Water  
1 tbsp ginger syrup (recipe below)  
Lemon wedge

### **Preparation:**

Brew a nice strong black tea, stir in 1 Tbsp ginger syrup, garnish with a lemon wedge.

### Ginger Syrup:

1 c peeled and chopped fresh ginger  
1/2 c sugar  
1 c water  
juice of 1 lemon

Bring above to a boil, reduce heat to a bare simmer and simmer for 15 min. Take off the heat and let steep for 1/2 to 1 hr. strain and store in a jar in the fridge.



Tip: the ginger pieces can be spread out on a cookie sheet and dried for a day or so, shake them with about a tablespoon of granulated sugar to keep them from sticking together. Then store in an airtight container. These are great in baked goods.

Abigail

<http://akittenknits.blogspot.com/>

## Simple Pleasures

1 tbsp Simple Pleasures Teaopia  
Water  
Ice

### **Preparation:**

All you need is one tablespoon of the simple pleasures loose tea leaves, bring some water to just before boiling point, pour it over the tea leaves, and then add ice!

Tania Donaldson

## Basic Iced Tea

6-8 tea bags of good quality black tea (15 ml of tea per 200 ml of water)  
1 medium lemon or orange  
8 cups simmering water (about 2 Liters)  
Ice  
Sugar

### **Preparation:**

- \* Place tea bags in a large heatproof glass pitcher. Use a zester and add the zest from the lemon or orange, avoiding as much of the white pith as possible.
- \* Pour simmering water into the pitcher and let steep for at least 5 minutes. Remove tea bags and discard. Let cool and then refrigerate.
- \* To serve, fill iced tea glasses with ice and pour tea over ice. Sweeten to taste. Makes about 8 servings

Laurie

## Vanilla Rooibos Iced tea

Simple syrup (recipe below)  
1/2 vanilla bean, split, seeds scraped  
8c. water  
8 bags of favorite rooibos tea/equivalent loose tea  
Ice cubes



### **Preparation:**

Boil water, steep tea. Chill in refrigerator. Sweeten with 1/2 cup vanilla syrup before serving over ice. This is really good with flavored tea.

*Make a batch of simple syrup:* (1 part water:1part sugar. Boil until sugar is dissolved) add vanilla bean and seeds before it comes to a boil. Remove from the heat and let it steep 30 mins. Strain the syrup to remove seeds etc. (This takes a little time but you can make extra for future use.)

Carolyn S.

## Boston Iced Tea (Cranberry Iced Tea)

1 quart water  
4 tbsp sugar  
5 black tea bags  
6 tbsp all natural cranberry juice concentrate

### Preparation:

- Boil water and stir in the sugar with a wooden spoon until it dissolves.
- Remove water from heat, add tea bags, and steep 5 minutes. Remove the tea bags, and stir in the cranberry juice concentrate.
- Allow the tea to cool to room temperature before storing in the refrigerator. Pour over a tall glass of ice and enjoy!

Mary

## Pomegranate White Tea

2 tsp pomegranate white tea  
Water  
1 tbsp sugar  
Raspberry syrup (optional)  
Ice

### Preparation:

In a large Libre Tea glass, I add 2 tsp. of loose pomegranate white tea and 1 tbsp. of sugar. To this I add hot but not boiling water (about 165 degrees is good so as not to scorch the leaves). I leave the leaves right in and once it's cooled enough I put it in the fridge until cold. I pour it into glasses filled with ice (and a splash of raspberry syrup as an optional addition – the kind used at coffee shops) and right away heat more water to reuse those leaves (up to 3 times).



Tanya

## Smokey Iced Black Tea

¾ Yunnan Black Tea (0.63 grams)  
¼ Lapsang Souchong (1.87 grams)  
250ml Water  
Sugar or Honey to taste  
Slice of lemon

### **Preparation:**

I usually would use about 2.5g tea for 250mL of water, but I'll double the tea if I'm going to be pouring it over ice. Do a nice, long steep as well. I'll let the folks who need it add sugar or honey after the fact, but I usually drink it "as is". Not bad with a little lemon, as well! Goes great at barbecues!



Josh Dyson

Thank you to all those who submitted recipes for this booklet!

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