



NATURAL ROOIBOS ICED TEA

DIY:

Ingredients

- 1 litre of boiling water.
- 4 rooibos tea bags.
- 750 ml to 1 litre of freshly pressed apple juice (or Ceres, Pure Joy, Woolworths, Liqui Fruit apple juice, or Liqui Fruit Cranberry Cooler)
- Ice cubes
- A few slices of lemon, frozen blueberries, mint, or apple slices.

Directions

1. Add the rooibos teabags to the boiling water.
2. Allow it to cool down completely.
3. Mix the ingredients and serve.
4. Note: This is a treat; you should not drink more than 1 glass daily.
5. Dilute with more rooibos or ice if it is too sweet.
6. Enjoy!

