

# 4 Healthy Iced Tea Recipes For Summer



Try these four fresh and healthy iced tea recipes to keep you hydrated this summer.

**Categories** Drinks  
**Difficulty** Easy  
**Keyword** iced tea, iced tea recipe, tea recipes

**Prep Time** 5 minutes  
**Cook Time** 15 minutes  
**Total Time** 20 minutes

**Servings** 1 iced tea  
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## Ingredients

### Lemon Basil Iced Tea

- 1/2 lemon, thinly sliced
- 6 fresh basil leaves
- 2 green tea bags
- 3 cups hot water
- raw honey, optional

### Coconut Lime Iced Tea

- 2 black tea bags
- 1/2 lime, thinly sliced
- 3 cups coconut water, heated
- raw honey, optional

### Iced Peach Ginger Tea

- 1 peach, pitted and sliced
- 2 green tea bags
- 4 ginger coins
- 3 cups hot water
- raw honey, optional

### Blackberry Mint Ice Tea

- 1/2 cup fresh blackberries
- 6 leaves fresh mint
- 2 bags green tea
- 3 cups hot water
- raw honey, optional

## Instructions

### Lemon Basil Iced Tea

1. Add the lemon slices, fresh basil leaves, and green tea bags to a 1 quart mason jar or pitcher.
2. Pour hot water into the mason jar, and allow to steep for 15 minutes. Then, remove the tea bags.
3. Place into the fridge to completely chill for 3-4 hours for the flavors to release.

### Coconut Lime Iced Tea

1. Add the black tea bags and sliced lime to a 1 quart mason jar or pitcher.
2. Pour heated coconut water into the mason jar, and allow to steep for 15 minutes. Then, remove the tea bags.
3. Place into the fridge to completely chill for 3-4 hours for the flavors to release.

### Iced Peach Ginger Tea

1. Add the sliced peach and green tea bags to a 1 quart mason jar or pitcher.
2. Skewer the sliced ginger coins on a toothpick, if desired, to make them easier to remove later, and then add them to the jar.
3. Pour the hot water into the mason jar, and allow to steep for 15 minutes. Then, remove the tea bags.
4. Place into the fridge to completely chill for 3-4 hours for the flavors to release.

### Blackberry Mint Ice Tea

1. Add the fresh blackberries, mint leaves, and green tea bags to a 1 quart mason jar or pitcher.

2. Pour the hot water into the mason jar, and allow to steep for 15 minutes. Then, remove the tea bags.
3. Place into the fridge to completely chill for 3-4 hours for the flavors to release.

## Recipe Notes

Nutritional information provided is for one serving of the Lemon Basil Iced Tea without optional raw honey added.

### Nutrition Facts

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Amount Per Serving (3 cups)

**Calories 0**

Vitamin A 2.5%

\* Percent Daily Values are based on a 2000 calorie diet.