

[Yummy Strawberry Lemonade Iced Tea](#)

Pin it



Strawberry season is here, it coincides with the days of summer. I just loved, how beautiful this strawberry iced tea looks. This healthy, refreshing iced tea has a nice flavor of fresh and sweet strawberries and tartness of lemon. Enjoy this cold iced tea on a summer evening , it makes you relax and feels energetic.

Ingredients

10 Strawberries
3 Lipton Bags

3 Cups of Water
3 Tsp of Lemon Juice
3-4 Tbsp of Sugar or to taste
Ice Cubes

Method

- **Boil 3 Cups of water in a kettle, pour this hot water to the tea pot. Put 3 tea bags to the tea pot. Cover the tea pot and leave it for 5 mins. After that remove the tea bags from the tea pots. Let it cool down for 10 mins.**
- **In a blender, add strawberries, blend it to a smooth paste without adding water.**
- **Strain the purred berries and discard the seeds.**
- **In a pitcher, Mix together the purred strawberries, tea, sugar and lemon juice. In this stage, you can add more water if you want.**
- **Transfer this to a serving glass with ice cubes or refrigerate it for 15 mins.**
- **Garnish with sliced strawberry and enjoy.**



Tips

- **Adjust the level of sweetness according to your taste.**
- **You can use Stevia instead of regular white sugar.**
- **If you find your ice tea is thick, make it thin by adding more water.**
- **Use chilled club soda in place of water for a different taste.**
- **You can add mint for a extra flavor.**

foody-buddy.blogspot.com



Strawberry Lemonade Iced Tea

Health Benefits of Strawberries

Source : Healthdiaries.com and Besthealthmag.ca

- **The fiber in strawberries helps to keep digestion regular and lowers the blood pressure.**
- **High in anti-oxidants and excellent source of vitamin C.**
- **It boosts the immunity.**
- **It has anti-cancer and anti-inflammatory properties.**
- **Good for eyes and bone health.**