



## ICED TEA GUIDE

### ICED CHAI • Quick Steep Method

Original Chai Blend, Golden Turmeric Chai, Candied Ginger Chai, Rose Petal Chai

1. In a glass measuring cup, add 1 tablespoon of your favourite Shanti Chai & Co chai blend and 1 tablespoon sugar.
2. Add ½ cup boiling water and steep for 5+ minutes.
3. Stir well and strain over ice in a tall glass.
4. Top-up with milk, cream or substitute. Makes 1 cup.

Tip: For a thicker, creamier iced chai try heavier cream (18%). For a vegan chai, try coconut, oat or cashew milk!

### ICED BLACK TEA • Cold Brew Method

Assam Tea, English Breakfast, Earl Grey

1. In a large Mason jar, measure 2–3 tablespoons of your favourite Shanti Chai & Co black tea, and (optionally) 1–3 tablespoons of sugar or other sweetener.
2. Fill jar with cold filtered water and stir. Cover and refrigerate for 12 hours.
3. Stir well and strain over ice in a tall glass.
4. For a traditional iced tea add fresh lemon to taste. For a creamy iced tea, skip the lemon and top instead with milk or cream. Makes 4 cups.

Tip: If you want to wait until serving to sweeten, use simple syrup to keep the texture smooth.

### ICED GREEN TEA • Quick Steep Method

Sencha Green, Milk Oolong

1. In a glass measuring cup, add 2 teaspoons of your favourite Shanti Chai & Co green tea and (optionally) 1–2 teaspoons of sugar or other sweetener.
2. Add ½ cup slightly under boiled water and steep for 5 minutes.
3. Stir well and strain over ice in a tall glass. Makes 1 cup.

Tip: As with all hot and cold teas, filtered water makes for the best flavour and cup of tea!

### ICED CHAI • Cold Brew Method

Original Chai Blend, Golden Turmeric Chai, Candied Ginger Chai, Rose Petal Chai

1. In a large Mason jar, measure 2–3 heaping tablespoons of your favourite Shanti Chai & Co chai blend and 2–3 tablespoons sugar.
2. Fill jar with cold filtered water and stir. Cover and refrigerate for 8–12 hours.
3. Stir well and strain over ice in a tall glass.
4. Top-up with milk, cream or substitute. Makes 4 cups.

Tip: Keep extra chai refrigerated for up to a week (without milk).



### ICED HERBAL TEA • Quick Steep Method

Nettle & Rose, Happy Hibiscus, "Mom's Garden" Blend, "New Momma" Blend, Peppermint Tea, Tulsi Tea

1. In a glass measuring cup, add 2 teaspoons of your favourite Shanti Chai & Co herbal tea and (optionally) 1–2 teaspoons honey or other sweetener.
2. Add 1 cup boiling water and steep for 5–10 minutes
3. Stir well and strain over ice in a tall glass. Makes 1 cup.

Tip: Experiment with steep time, until you find your desired level of flavour!

