

Mom Knows Best

Discover how to live a healthy life with delicious recipes, fitness tips and more!

| Albuquerque Balloon Fiesta | Fitness | Giveaways | Healthy Living | Recipes | shopping deals |

Friday, May 29, 2020

How To Make Fruit-Infused Cold Brew Ice Tea

A hot summer day calls for a tall glass of ice tea



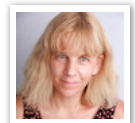
I received samples to facilitate this post.

Warm summer days call for a tall glass of cold ice tea. A cold glass of ice tea is so refreshing and it does a better job of quenching my thirst than plain water. I am usually a water drinker but when the temperature heats up, water can get quite boring after I have had too many glasses. Living in the desert of New Mexico means that we have dry hot summers and we have to drink even more water to stay hydrated. For me, since I am an athlete, that can be 15 or more glasses of water. So I like to make **summer hydration** pleasing to my taste buds but at the same time healthy.

So I always have a batch of cold brew fruit-infused ice tea in my fridge so I can quench my thirst with a drink that is not loaded with sugar. Add fruit to ice tea adds flavor without having to add sugar. Tea is loaded with antioxidants so along with body hydration, I am also getting healthy antioxidants. It's a win-win situation. My body is also getting some vitamin C from the delicious fruit.

PROMO CODES AVAILABLE

Cold-brew tea is so easy to make



Follow me on Pinterest for awesome recipes and fitness tips

Search This I

Hi, I am Tara from sunny Albuquerque

I am a mom of five and a fitness enthusiast. My passions are fitness, health, and family. I am a 50+ lady who feels amazing thanks to a healthy diet and exercise. I am a current photo of me! So count on me to share my fitness advice that keeps me healthy. You can find me at the gym or outside 5 days a week. When not at the gym, I am busy



Cold-brew ice tea is so easy to make and you don't need any special equipment. The cold brew method of ice tea yields a brewed tea that is less bitter and brings out a better flavor. To cold brew your tea is simple. Just place the tea bags in a pitcher of cold water and place it in the fridge. Let the tea brew in the fridge for 15-36 hours. I like to place my pitcher of tea in the fridge the night before so it is ready by the afternoon the next day. I usually make a batch of cold brew tea every night in the summer as my family helps me drink the cold tea every day. The size of the pitcher is up to you. Just adjust the amount of tea bags per cup of water. I like using 1 tea bag for every cup of water.

Black or green tea?



The type of tea is really personal preference so you can brew black tea leaves or green tea leaves. Black tea leaves will be a darker stronger tea, while green tea is milder and lighter. If after brewing the tea, you can always add more water if it is too strong. If the tea flavor is too mild for you, just add more tea bags in the next batch that you brew.

Give the tea great flavor

healthy food in the kitchen love sharing my recipes. I love sharing healthy products discover. My two younger me busy and love sharing they enjoy. My daily smooth coffee keep me going.

PERFECT
KETO

THE PERFECT KETO
STARTER BUNDLE

SAVE \$28 on
everything
you need to
start keto.

SHOP NOW

Banggood
Hot Sale

Cold tea is wonderful during the hot weather! But I prefer iced coffee, still love it!

xoxo
Lovely

<http://mynameislovely.com>

Reply



Jessica May 31, 2020 at 6:42 PM

This looks so refreshing. I'm a Ice tea lover so this is a must try for me.

Reply



Helen June 1, 2020 at 8:59 PM

Thank you so much for great ideas. I will make it for my family this weekend.

Lee Tran | Forless Food

Reply

Enter your comment...

Comment as: Google Account ▾

Publish

Preview

Links to this post

Create a Link



Blog Archive

- ▼ 2020 (94)
 - ▶ June (1)
 - ▼ May (14)
 - How To Make Fruit-Infused Cold Brew Ice Tea
 - 9 Ways to Improve Body Health
 - 60 Minute Homemade Bread
 - How To Make Whoopie Pies
 - The Revolutionary Paleo Diet That You...
 - Healthy Products I Discovered While Shelterin...
 - Summer Fun With Marshmallows
 - One Bowl Vegan Peanut Butter Cookies
 - Retiring With A Reverse Mortgage
 - 12 Meatless Recipes: Beans
 - \$100 Off Delivery From Postmates
 - Veggie Burgers Made With Beans and Rice
 - Mock Chipotle Pint Recipe
 - Morning Exercise Routine For The Body And Mind...
 - ▶ April (16)
 - ▶ March (19)
 - ▶ February (18)
 - ▶ January (26)
- ▶ 2019 (221)

Newer Post

Home

Older Post

Subscribe to: Post Comments (Atom)



Ice tea is a drink that can be customized and adding fresh or frozen fruit to your brew is a perfect way to add flavor without a whole lot of calories. You can add the fruit to the tea while it is brewing in the fridge. Then when the tea is done brewing, you can strain the fruit pieces out. If you have a pitcher with a fruit-infuser all the better, as you can leave the fruit in the tea pitcher. Almost any fruit will work in ice tea, from peaches to strawberries, the choice is up to you. I think the only fruit that would not work in tea is bananas. You can also add herbs to your fruit infused ice tea for even more flavor.

PROMO CODES AVAILABLE

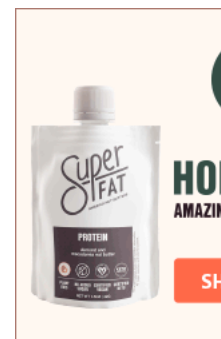
Some combinations for cold brew ice tea:

- Strawberry + Basil
- Lemon + Honey + Ginger
- Watermelon + Mint
- Raspberry + Peach
- Orange + Honey
- Blueberries + Mint
- Strawberry + Lemon

Some like it sweet



If you like your ice tea on the sweet side then add some honey or sugar. You will find that you may need less sweetener as the fruit already add a sweet flavor to the tea. I like adding **raw honey** to my ice tea as it gives a better flavor. A honey that I am enjoying is Bee K'onscious's, single-origin honey. I like that I can trace this honey back to the beekeeper's hive with the QR-coded label that is on each glass jar. This honey is 100% pure, unfiltered, unpasteurized, non-blended honey. Raw honey also has antibacterial qualities and disease-fighting antioxidants.



Marketing & Reps, Manufacture ETC:

If you've got a product or and are interested in hav test, try, sample, rate, rev promote it, please feel fr contact me
sugarcookie1965@comcast.net

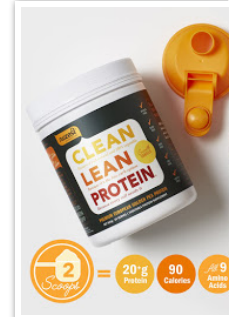
Check out my media kit
<http://www.momknowsbest.net/2020/01/media-kit.html>

Caffeinate your Future - Own a Scooter's Coffee

Get your cup of the \$48 Billion Dollar Coffee Industry. Join the #1 Coffee Franchise!
franchising.scooterscoffee.com



The Best Clean Vegan Protein



Save with code MOMKN

Subscribe to our ma
for awesome giveaw
recipes

Subscribe

Popular Post



Easy To Ma
Natural Hor
Weed Killer
That Works



Healthy Pro
You Need To
Your Shopp

Culinary Delights Give



How To Ma
Focaccia Br
Flowers



A Chocolate
Of Monopol
Game Night
More Fun



Meals Made
With The R
5 Minute Ch

How to Make Fruit-Infused Cold Brew Iced Tea

You'll Need:

8 tea bags
8 cups of water
1-2 cups fruit slices, fresh or frozen
ice
optional: 1/4 -1/2 cup honey or sugar

Instructions:

Fill a large pitcher with cold water and place all the tea bags into the water. Add your choice of fruit slices and place the pitcher in the fridge. Let it brew for 15-36 hours to desired strength. Remove fruit and add your choice of sweetener. Pour the tea into a glass with ice and enjoy.



Want ice coffee instead of tea?



If you are a coffee drinker you need to check out these recipes for cold-brew coffee or ice coffee.

How To Make Easy Cold Brew Coffee

<https://www.momknowsbest.net/2019/06/how-to-make-cold-brew-coffee.html>

How to make the perfect iced coffee

<https://www.momknowsbest.net/2019/07/how-to-make-perfect-iced-coffee.html>



How To Make
Wheat Frog

4 Worst BP Medicines

How to Control Your Blood Pressure Naturally Primal Labs

The Revolutionary Rule
Breaking Diet That Let
After 7PM - Post 1

Posted by Mom Knows Best at 5:42 PM

Labels: Cold Brew Tea, Ice tea, Recipes, summer, tea

12 comments:

Melissa May 29, 2020 at 3:11 PM

Yum. It is going to be a hot week in Minnesota this week. I can't wait to try your recipe.

Reply



The Super Mom Life May 29, 2020 at 7:19 PM

I've never had anything like this. I'm going to have to try it soon!

Reply

Amy May 29, 2020 at 7:32 PM

I love iced tea so much! This must be so refreshing for hot days.

Reply



Ckrusch May 29, 2020 at 9:56 PM

I love iced tea specially in the summer! It's one of my favorite drinks!

Reply



Lydia May 30, 2020 at 12:35 AM

I've never tried ice tea before but in this temperature, it seems like a good time to try!

Reply



Cristina Petrini May 30, 2020 at 2:08 AM

Excellent for summer, for afternoons with friends or while reading a book. In short, a fantastic recipe!

Reply



Franze Garcia May 30, 2020 at 6:18 AM

Thanks for this idea. It looks refreshing and perfect for hot summer weather. There's no way I'm not trying this.

Reply



Stefani @ MommyEnterprises.com May 30, 2020 at 10:03 AM

I LOVE cold tea. I am so going to try to make my own this summer!

Reply



Jhangi May 31, 2020 at 12:20 AM

Wow..this recipe looks wonderful a perfect combination..gonna surely try this as soon as possible and m sure i will love it..Thanks for this perfect cold tea..(World in Eyes)

Reply

Lovely May 31, 2020 at 2:03 AM



Mom knows best

- ▶ 2018 (316)
- ▶ 2017 (453)
- ▶ 2016 (357)
- ▶ 2015 (382)
- ▶ 2014 (355)
- ▶ 2013 (279)
- ▶ 2012 (105)
- ▶ 2011 (32)

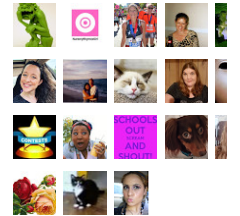


Check out my Pinterest p
more delicious & healthy



Followers

Followers (1055) [Next](#)



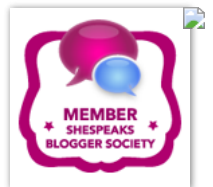
Follow



Tara Pittman



+



Disclosure policy

<https://www.momknowsbest.net/2016/10/disclosure-and-privacy-policy.html>

Copyright @ 20011-2020 Mom Knows Best . Powered by Blogger.