

today

I CHOOSE

MADURA ICED LEMON TEA



LET IT CHILL



A NOTE FROM US TO YOU

There is no doubt that the benefits the body absorbs from tea are far more easily processed when a brew is served warm. Rest assured though! There are still numerous health benefits for those wanting to enjoy a refreshing glass of Madura iced tea.

Here are just 5 reasons why your body will love you throwing a couple of ice cubes in your next favourite brew.

Rest assured you and your body can 'really' enjoy your next Madura iced tea, but remember everything in moderation and keep your creations as healthy and natural wherever possible.

The Madura Team



MORE

ANTIOXIDANTS

Tea is filled with antioxidants! A tip from us to you - antioxidants are increased if you drink tea that is naturally flavoured with lemon or lime – making our Madura Iced Lemon tea recipe a winner!

HERBAL BREWS

M

this is the spot



LOW SUGAR

With so much attention focused on lowering our daily sugar intake, a homemade iced tea could be the answer to your next refreshing cold brew. Replace refined sugar or artificial sweeteners by choosing honey or maple syrup.

BIOACTIVE HONEY

M this is the spot



A close-up photograph of a person's hand holding a glass of iced tea. The hand is wearing a large, ornate ring with a purple stone and gold accents. The glass contains a clear liquid with a slice of lemon. The background is a white, textured fabric, possibly a sweater or shawl. The entire image is framed by a white border.

NO

CALORIES

Start enjoying your next unsweetened iced tea - it literally has no calories! If your sweet tooth wants to argue with you - try adding mint with a small amount of honey - delish!

FREE RADICALS

Drinking unsweetened tea gives your body the necessary tools to eliminate free radicals from your system. Sometimes we all need a little help!

BLACK BREWS

M this is the spot



LOW CAFFEINE

Your body will thank you for reducing your caffeine intake - look to incorporating healthier options such as green tea. Enjoy a refreshing iced tea at any time of the day!

GREEN BREWS

M

this is the spot



I WANT TEA

with a twist

MADURA ICED LEMON TEA

With its crisp and refreshing flavour, this recipe will be sure to keep you cool in the warmer months while replenishing your body's fluid levels. We can see why tea continues to be one of the best sources of hydration, second only to water!

Ingredients:

- 4 Madura Premium Blend Tea Bags
- 2 cups water
- 4 teaspoons of honey
- 3 teaspoons of lemon juice
- 2 cups filtered water
- Ice Cubes with mint frozen into them
- Lemon slice

Procedure:

Brew 1 cup of hot water with 4 Madura Premium Blend teabags - infuse for 3-4 minutes. Remove tea bags and allow to cool. Pour steeped tea into a large jug - add honey and lemon juice and stir until thoroughly mixed and dissolved. Pour over 2 cups filtered water. Chill in the refrigerator and serve in a tall glass with ice cubes.

Garnish with a lemon slice and enjoy!

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