

## Cool Healthy Summer Drinks Recipes

### A great way to enjoy Qi Tea - with a Twist!

Qi China Green and White teas are high-mountain, single-estate teas rich in antioxidants. Qi Teas are packed full of healthy ingredients with REAL fruit and make deliciously cool and refreshing drinks. For a refreshing antioxidant-rich summer drink why not try one of these great recipes:



#### Ingredients: (serves 2–3)

2-3 Qi Blueberry Twist tea-bags

250ml water

125ml apple juice



Prepare 250ml of Qi Blueberry Twist Tea using 2 or 3 tea bags and water just off the boil. Brew for 4-5 minutes, remove teabags and allow to cool before chilling in the refrigerator. Once chilled, add the apple juice and cranberry juice & stir.

### Equally delicious with Qi White Tea & Pomegranate!

**Tip:** If you want to keep your favourite iced brew chilled, but want to avoid watering down the taste, use some of the tea to make ice cubes and for a extra fruity twist, pop some fresh or frozen fruit into the ice cube tray; as they melt they'll transform your drink!

## Qi Iced Teas

Pure fruit juice iced teas are economical and easy to prepare. Make enough for several days, keep cool and these delicious drinks can be enjoyed at any time!



#### Ingredients: (serves 2-3)

2-3 Qi Lemon & Ginger Green Tea tea-bags

250ml water

125ml fresh Cranberry juice

Slice of lemon



Prepare 250ml of Qi Lemon & Ginger Green Tea using 2 or 3 tea bags and water just off the boil. Brew for 4-5 minutes, remove teabags allow to cool then chill in the refrigerator. Add the cranberry juice and stir. To serve garnish with a slice of lemon.

Remember, combining the strong antioxidants of QI ORGANIC GREEN TEA with those present in fresh fruit, makes Qi fresh fruit iced tea an extremely healthy and refreshing summer drink.

For our full range of Teas, visit our web-site on [www.qi-teas.com](http://www.qi-teas.com)

## Another great way to enjoy Qi Green Tea! Cool Healthy Summer Drinks Recipes

Qi China Green teas are Organic Fairtrade high-mountain, single-estate teas which are rich in antioxidants. Qi LEMON and MINT teas are packed fully of healthy ingredients and make deliciously cool and refreshing drinks. For an antioxidant punch why not try one of these great recipes:

### Ingredients: (serves 2—3)

2 Qi Organic Green Mint Tea tea-bags

250ml water

125ml apple juice

125ml cranberry juice

Sprig of fresh mint



### Preparation:

Prepare 250ml of Qi Organic Green Tea with mint using 2 tea bags and water just off the boil. Brew for 4-5 minutes, remove teabags and chill. Once chilled, add the apple and cranberry juice & stir. To serve, add a sprig of fresh mint.

**Relax & Enjoy!**