



Zingy Ice Tea

A lovely low calorie refreshing drink with the added zing of vitamin C.

INGREDIENTS

2 Earl Grey teabags
1 litre water
8 Canderel tablets
3 limes
100ml gin, optional
A handful of mint leaves
½ litre diet lemonade
Ice cubes

BEFORE YOU BEGIN

Serves
1

Time
preparation: 10 minutes
cooking: 0

Per serving
20kcal

Difficulty level



STEP BY STEP

- 1 In a large jug infuse the Earl Grey teabags in 1 litre of boiling water for 3-5 minutes.
- 2 Add Canderel tablets and allow to dissolve.
- 3 Remove the teabags and allow the tea to cool.
- 4 Squeeze the juice from 2 limes and add to the jug along with the gin, if using, and top up with lemonade.
- 5 To serve slice the remaining lime and add to the jug with lots of ice and garnish with mint leaves.