

# Warm Weather Tea Ideas

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Often people associate tea with the cooler months, utilizing its warmth to revitalize their bodies. And when the warmer weather approaches, the tea cup is set aside until the Fall weather arrives. Sure, many of us drink iced tea, but it is usually purchased in bottles from the local stores. Some aren't sure how to use their favorite loose hot tea as an iced tea. Or they think it's too much work. But it is simple. Brew your tea hot and add ice.

## Matcha Recipe Suggestions:

Matcha Smoothie: Crush 1 cup ice. Add 1 tbsp. Matcha and 1 cup milk. For an even creamier treat, add 3 scoops matcha green tea ice cream! Blend well.

Sprinkle Matcha on top of your favorite ice cream for a boost of flavor and health benefit. For some delicious recipes using Matcha, click here. <https://aiya-america.com/consumer/recipes>

**Ice Cream Suggestions:** Make your own tea-infused ice cream! Simply buy your favorite vanilla bean ice cream. Let soften and add any of your favorite tea infusions into the ice cream. I recommend pairing your dark teas or rooibos blends with chocolate or more robust flavored ice cream. Blend an oolong infusion with a peach or strawberry ice cream. Fruit-flavored green teas such as pomegranate or apricot blend well with similar fruity ice creams.

**Popsicle Suggestions:** Use a fruit blend such as Apricot-Peach Medley or Fruit Explosion to create your own popsicles! Just add the infused tea to your Popsicle mold and freeze. Adding these infusions to ice cube trays also makes delicious cubes to add to your water to naturally flavor it.

At your next get together, offer a tea bar! This is a great idea for bridal showers, baby showers or summer barbecues. We did this at my daughter's bridal shower last year and everyone raved about it! Prepare three different iced teas. We recommend a black, green and herbal to satisfy all the guests. Use fruity based teas such as pina colada, creamsicle, apricot, lemon chiffon or peach. Prepare the teas hot to extract all of the wonderful health benefits from the tea. Brew enough for two 6-cup pots of tea. (Remember that whole leaf tea can be re-steeped a second time and still provide a burst of flavor. Use 3 tbsp. per pot and re-steep a second time.) Add ice and chill. On the day of your event, serve your iced tea in whimsical pitchers. Here are some unique and stylish pitchers:

<http://www.designswan.com/archives/11-stylish-and-unusual-pitch-and-carafe-designs.html>. For the glasses, I recommend tall glasses or margarita glasses. Pair a different flavored sugar with each iced tea, for example, a

coconut with the pina colada, orange with the creamsicle, and lemon with the lemon chiffon. Slice a lime and run it over the rim of the glasses. Dip the glass in the sugar. Arrange the glasses next to its iced tea pairing. This is simple and your guests will love it!

Danielle Beaudette is the owner of The Cozy Tea Cart in Brookline, NH. One of the first 15 in the world to be certified as a Tea Specialist, she continues to broaden her knowledge of tea through on-going studies with the Specialty Tea Institute, the World Tea Expo, and travels to tea countries around the world. For more information call 603-249-9111 or visit [www.TheCozyTeaCart.com](http://www.TheCozyTeaCart.com).