

Tea Popsicles



GINGER LIME - 4 servings

Ingredients

- 3 tsp ginger tea
- 2 cups of water (boiled)
- 1 lime (juice)
- 2 tsp of honey
- 1 tsp passion fruit syrup
- 2 sweeteners (stevia)
- 1/2 lime (thinly sliced)

Directions

1. Boil water
2. Steep tea in boiling water for at least 6 minutes using the Tealish steeper.
3. Pour tea into the Think Kitchen measuring cup. Add in lime juice using the Lemon & Lime squeezer, honey, passion fruit syrup, sweeteners and thin lime slices.
4. Mix and let cool for about 5 minutes.
5. Add tea and 1 lime slice to each Popsicle mould in the Lolly Popsicle set.
6. Freeze for at least 2 hours and enjoy!

STRAWBERRY MINT - 4 servings

Ingredients

- 3 tsp of spearmint tea
- 2 cups of water (boiled)
- 3-4 large strawberries (blended)
- 2 strawberries (slices)
- 4 mint leaves
- 3 sweeteners (stevia)

Directions

1. Boil water
2. Blend strawberries
3. Steep tea in boiling water for at least 6 minutes using the Tealish steeper.
4. Pour tea into the Think Kitchen measuring cup. Add in blended strawberries and sweetener.
5. Mix and let cool for about 5 minutes.
6. Add tea and a couple slices of strawberries and a mint leaf to each Popsicle mould in the Lolly Popsicle set.
7. Freeze for at least 2 hours and enjoy!

GREEN PEACH - 4 servings

Ingredients

- 2 green tea bags
- 2 cups water (boiled)
- 1 cup frozen peaches (chopped)
- 2 tsp of pure maple syrup
- 2 sweeteners (stevia)

Directions

1. Boil water
2. Slice peaches
3. Steep tea in boiling water for at least 6 minutes using the Tealish steeper.
4. Pour tea into the Think Kitchen measuring cup. Add in maple syrup and sweetener.
5. Mix and let cool for about 5 minutes
6. Fill each Popsicle mould in the Lolly Popsicle set with sliced peaches and pour in green tea mixture.
7. Freeze for at least 2 hours and enjoy!

Note: Any extra juice I made into ice cubes to enjoy in water, Perrier or sangria over the next few weeks!