

Nutrition Confidence Recipes

Brought to you by ADSA
(Association for Dietetics in South Africa)

Rooibos, Pomegranate & Cinnamon Iced Tea

Recipe by Vanessa Marx, Head Chef at Dear Me

Ingredients

4 rooibos teabags
2 L water
1 cinnamon stick (+- 5 g)
1 orange, sliced with skin
1 pomegranate, pitted
Honey, xylitol or sugar to taste (optional)
Ice to serve

Method

- 1 Boil 2 L of water.
- 2 Put the tea bags into a large jug or bowl (min 2 L), & add the boiling water.
- 3 Add the cinnamon stick & orange slices.
- 4 Leave the tea to cool to room temperature, or better yet, leave to steep over night.
- 5 Strain the tea to remove the teabags, cinnamon & orange.
- 6 Stir in honey, xylitol or sugar adding little bits at a time until the desired sweetness is reached. Diabetics, remember to use xylitol for a sugar-free option.
- 7 Add the fresh pomegranate jewels & top up with ice to serve.
- 8 Serve in jars for a vintage feel & add herbs or edible flowers for a fresh touch.



Photograph by Claire Dunn

Makes 2 L



We love it!

It's packed with flavour & the perfect alternative to sugary ice tea!



Dietitians say...

Cinnamon provides a natural sweet taste to food & beverages, without adding calories.

Research suggests that cinnamon may have a beneficial effect on short term blood glucose control in type 2 diabetics.

In traditional herbal medicine cinnamon is considered a remedy for respiratory, digestive & gynaecological ailments.