

Basic Rooibos Ice Tea Recipe



Equipment

- Kettle, gas stove, or large pot
- Glass jug or container with a lid
- Long glasses

Ingredients:

- 4 heaped tablespoons of Kookfontein Rooibos loose leaf – or 4–6 Kookfontein Rooibos teabags
- 1 litre of boiling water
- 1 cup of 100% fruit juice – we love LiquiFruit's mango-orange
- A handful of ice cubes
- 1–1.5 litres of cold water
- Optional: lemon slices, a drizzle of honey, or a dash of vanilla essence

Instructions:

1. Boil 1 litre of water using your kettle, stove, or pot.
2. Steep the Kookfontein Rooibos (loose leaf or teabags) in the hot water for 10–15 minutes. The longer it sits, the richer the flavour.
3. Strain if needed – remove the loose leaves or teabags once steeped.
4. Stir in your fruit juice of choice. For a sweeter taste, add honey or a splash of vanilla essence (unsweetened – Karin's personal favourite!).
5. Add the cold water and stir again.
6. Toss in the ice cubes and let it chill in the fridge for at least an hour.
7. Serve in long glasses, maybe with a sprig of mint or slice of lemon.

Variations:

- Lemon & Honey – Classic and soothing, especially if you're feeling a little under the weather.
- Karin's Twist – A few drops of unsweetened vanilla essence brings a soft, comforting flavour.
- Fruity Fun – Try apple juice with a pinch of cinnamon or peach juice with fresh mint leaves.