

Nopalito Iced-Tea



Makes 2.5 liters

Preparation time: 20 min.

*Recipe developed by Taylon Colbert
Checked and edited by Dr Alba du Toit*

INGREDIENTS:

- 2 nopalitos
- 5 rooibos teabags
- 1 litre water
- 500 ml fresh orange juice
- 100 g fresh ginger root
- 10 mint leaves
- 50-80 ml honey
- 30 ml lemon juice

METHOD:

- Clean, remove the glochids and cut the nopalitos roughly into smaller pieces.
- Place the tea bags, ginger and mint into a jug, add boiling water and allow to steep for 4 minutes.
- Strain the tea, add the honey and lemon juice and let it tea cool down to room temperature.
- Place the nopalito pieces in the liquidiser with some of the tea and blend until all pieces are liquidised. Mix the rest of the tea with the liquidised pulp.
- Strain the juice through a sieve to remove the pulp that remained in the tea. Refrigerate until cool and adjust the sweetness of the tea to taste.
- Serve ice cold.