

Beverage

Lemon Verbena Iced Tea

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Servings: 6

Blanching the herb leaves brightens their color so the syrup will stay green.

Avoid using a strongly flavored tea, such as Earl Grey, as it will overpower the taste of the syrup.

1/2 cup sugar

1/2 cup water

1 cup lemon verbena leaves

4 cups ice

6 cups brewed tea, chilled

mint leaves (optional)

lemon wedges (optional)

In a small saucepan, combine the sugar and water. Bring to a boil. Cook for 1 minute or until the sugar dissolves. Cool the sugar syrup completely.

In another saucepan, cook the lemon verbena leaves in boiling water for 1 minute. Drain and plunge into ice water. Drain again.

In a blender, combine the sugar syrup and verbena leaves. Process until smooth.

Cover and chill overnight.

Strain the sugar syrup through a fine sieve into a bowl.

Place 2/3 cup of ice into each of six tall glasses.

Add one cup of the brewed tea and two tablespoons of the sugar syrup into each serving, stirring to combine.

Garnish with mint leaves and lemon wedges, if desired.

Per Serving (excluding unknown items): 67 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 17g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 1 Other Carbohydrates.