

Recipe: Lemongrass Iced Tea

Ingredients (Serves 2-3):

- 1 tsp **lemongrass powder**
- 2 cups water
- 1-2 tsp honey or maple syrup (adjust to taste)
- 1 tsp fresh lemon juice (optional, for added tang)
- Ice cubes
- Fresh mint leaves (for garnish)
- Lemon slices (for garnish, optional)

Instructions:

1. Brew the tea:

- In a saucepan, bring 2 cups of water to a boil.
- Stir in **1 tsp of lemongrass powder**, reduce the heat, and let it simmer for **5 minutes**.

2. Sweeten the tea:

- Remove the saucepan from heat. Stir in honey or maple syrup while the tea is still warm to dissolve the sweetener.

3. Cool the tea:

- Allow the tea to cool to room temperature. For faster cooling, transfer the tea to a pitcher and refrigerate for about **20-30 minutes**.

4. Serve:

- Fill glasses with ice cubes.
- Pour the chilled lemongrass tea into the glasses. Add a splash of fresh lemon juice for an extra zesty flavor (optional).

5. Garnish:

- Garnish with fresh mint leaves and lemon slices for a refreshing look and flavor boost.

6. Enjoy:

- Stir gently, sip, and enjoy this aromatic, cooling drink!

Why You'll Love This Drink:

- The **lemongrass powder** provides a vibrant citrusy flavor without needing fresh lemongrass stalks.
- Naturally refreshing, low in calories, and soothing for digestion.
- Perfect as a **summer drink** or a pick-me-up in the afternoon.

You can also serve it warm if you're looking for a cozy drink. Let me know if you'd like a lemongrass latte or smoothie variation next! 😊 🍹