

- 1** Let tea bags infuse for 2 to 3 minutes in mugs with hot water and then wait until the tea gets cold. Then add a garden strawberry cut into quarters or a table-spoon of wild strawberries, a red currant leaf and, if you want, some honey into each mug. And don't forget the ice!

Preparing with Elk

FOUR REFRESHING TEA LEMONADES

2

Make tea in a mug. Wash garden or forest berries and mash them in a bowl using a fork. Keep a few pieces for decoration. Once the tea cools, add mashed fruit, a teaspoon of honey, a few mint leaves and ice. Decorate with the remaining fruit.

3

Make tea in a teapot (fill it with hot water to the half or three quarters of its volume). While the tea is cooling, prepare strawberry crushed ice. Mix a few handfuls of strawberries with ice cubes using a metal stick blender. You can also add a few mint or lemon balm leaves. Pour the substance into the cold tea, flavour it with a teaspoon of honey, stir and serve.

4

Make tea in a mug and let it cool. Squeeze the juice from half of the orange into the tea, add ice and a teaspoon of honey. You can also decorate your tea with a slice of orange.

Adjust the amount of ingredients according to your taste, or create your own combinations of your favorite fruits and herbs and become a master of summer tea lemonades! Enjoy your meal!