



eteaket  
LEAF TEA EXPERTS

# Iced Nettle & Petal

## Gather

- 3tsps Nettle & Petal
- 200ml water
- Fresh mint leaves
- Soda water
- Ice
- Squeeze of honey
- Slices of lemon
- Cocktail shaker (optional)

## Method

- Brew your Nettle & Petal blend in 200ml of boiling water for 5 mins and allow to cool.
- Alternatively, cold brew overnight by steeping the leaves in cold water.
- Pour your cold tea into your cocktail shaker (or glass) and add some ice.
- Throw in some chopped mint leaves, a squeeze of honey and the juice of 2 slices of lemon.
- Give it a good shake or a stir, pour into your glass, top with soda water and a lemon slice, stir and enjoy.