

## Oreanthi Iced Teas

### Greek Summer Mocktails

Oreanthi's Philosophy: The Greek aromatic plants and flowers are better suited to what is grown locally in Greece and the Mediterranean. Spices, Herbs and fruit from exotic and far away countries do not mix well with the subtle taste of the Oreanthi teas.

### Oreanthi Detox

Tastes delicious, ideal for cleansing!

For a 1.5 L pitcher of iced tea  
500 ml of water boiled at 100° C  
7 Oreanthi Detox pyramids  
3-4 tsps of sugar  
1 L iced water  
Ice cubes

#### Preparation\*

Cut the tags from the pyramids, immerse them in the boiled water and leave to brew for 5 minutes until the tea acquires a dark colour. Remove the pyramids, add the sugar and stir well. Finally add the iced water and ice cubes. Pour in a glass pitcher and place in the fridge. Keep for one day.

**Oreanthi Tip for Creative Mixologists.** Add your personal touch to the pink Detox tea by enriching the main recipe with whatever takes your fancy. Oreanthi suggests: Orange or apple slices, strawberries, spearmint leaves, etc.



### Oreanthi Light+Lean

A digestive tea with slimming properties!

For a 1.5 L pitcher of iced tea  
500 ml of water boiled at 100° C  
5 Oreanthi Light + Lean pyramids  
2-3 tsps of sugar  
1 L iced water  
Ice cubes

**Oreanthi Tip for Creative Mixologists.** Add your personal touch to the Light + Lean tea by enriching the main recipe with whatever takes your fancy. Oreanthi suggests: slices of cucumber, lime or figs, spearmint leaves etc.



## Oreanthi Energy

A zingy, rejuvenating tea!

For a 1.5 L pitcher of iced tea  
500 ml of water boiled at 100° C  
7 Oreanthi Energy pyramids  
3-4 tsps of sugar  
1 L iced water  
Ice cubes



**Oreanthi Tip for Creative Mixologists.** . Add your personal touch to the Energy tea by enriching the main recipe with whatever takes your fancy. Oreanthi suggests: a shot of fresh orange juice, slices of lemon, spearmint leaves, golden raisins, etc.



## Oreanthi Relax

An exceptional, calming tea!

For a 1.5 L pitcher of iced tea  
500 ml of water boiled at 100° C  
7 Oreanthi Relax pyramids  
3-4 tsps of sugar  
1 L iced water  
Ice cubes

**Oreanthi Tip for Creative Mixologists.** Add your personal touch to the Relax tea by enriching the main recipe with whatever takes your fancy. Oreanthi suggests: 2 Tbsps of honey diluted in the boiled water instead of sugar, one shot of rose water, 2 Tbsps fresh lemon juice, sliced dry figs, etc.

## Oreanthi Harmony

A soothing tea for inner balance!

For a 1.5 L pitcher of iced tea  
500 ml of water boiled at 100° C  
7 Oreanthi Harmony pyramids  
3-4 tsps of sugar  
1 L iced water  
Ice cubes

**Oreanthi Tip for Creative Mixologists.** Add your personal touch to the Harmony tea by enriching the main recipe with whatever takes your fancy. Oreanthi suggests: slices of apple, strawberries, a shot of fresh orange juice, etc.



*\*All the blends are prepared the same way. Only the Light + Lean tea requires fewer pyramids.*