

# Lemon Iced Tea

Refreshing homemade lemon iced tea recipe with fresh lemons, quality tea, and simple syrup. Perfect summer drink ready in 15 minutes!

15	30	45	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Lemon Iced Tea

## Ingredients

- 2 tbsp black tea
- 5 cup water
- 3 lemon
- 6 sprig mint
- 1 cup granulated sugar

## Instructions

- 1 Make Simple Syrup**

Combine 1 cup water with sugar in a small saucepan over medium heat. Stir constantly until the sugar completely dissolves and the mixture is clear, about 2-3 minutes. Remove from heat and set aside to cool slightly.
- 2 Prepare Lemon Juice**

Roll the 3 lemons firmly on the counter to soften them, then cut in half and juice them. Strain the juice through a fine-mesh strainer to remove seeds and pulp, yielding about 1/2 cup of fresh lemon juice.
- 3 Brew the Tea**

Heat the remaining 4 cups water in a large saucepan to a rolling boil (212°F/100°C). Add 2 tablespoons loose tea or tea bags and steep for exactly 3-5 minutes for optimal strength. Remove tea bags or strain out loose leaves completely.
- 4 Combine Tea Base**

Pour the hot tea into a large pitcher. Immediately add the cooled simple syrup and fresh lemon juice, stirring well to combine all flavors while the tea is still warm.
- 5 Add Mint and Cool**

Gently bruise the 6 mint sprigs by clapping them between your hands to release their oils, then add to the tea mixture. Let the tea cool to room temperature, about 20-25 minutes, then refrigerate until completely chilled, at least 2 hours.
- 6 Serve**

Fill 4 glasses with ice cubes. Pour the chilled lemon tea over ice and garnish each glass with a fresh mint sprig and lemon slice if desired.

## Tips

Use fresh lemons rather than bottled lemon juice for the brightest, most vibrant flavor and natural citrus oils.

Invest in high-quality loose leaf tea or premium tea bags, as the tea quality directly impacts the final beverage's taste.

Never use boiling water directly on tea leaves - let water cool to 180-190°F to prevent bitter compounds from over-extracting.

Dissolve sugar completely while the tea is still warm, as cold liquids won't dissolve granulated sugar effectively.

Allow hot-brewed tea to cool to room temperature before refrigerating to prevent cloudiness and maintain clarity.

Add lemon zest along with juice for extra citrus aroma and essential oils that enhance the overall flavor profile.

Make tea ice cubes from leftover tea to prevent dilution while keeping drinks cold and flavorful.

Store in glass containers rather than plastic to maintain pure flavor and prevent absorption of other refrigerator odors.