

Peach Iced Tea

This refreshing tea gets a subtle hint of sweetness and fruity peach flavor from muddled peaches and fresh mint leaves. If you can't find fresh peaches, thawed frozen peaches will work too, with a slightly more subtle flavor.

By **Katie Webster** | Updated on July 9, 2019

Prep Time: 10 mins

Additional Time: 3 hrs 50 mins

Total Time: 4 hrs

Yield: 12 1/2 cups

Nutrition Profile:

Dairy-Free Egg Free Gluten-Free Low Carbohydrate Nut-Free Soy-Free Vegan Vegetarian

Ingredients

- 2 ripe peaches, pitted and cut into chunks
- ½ cup loosely packed fresh mint leaves, plus more for garnish
- 6 black tea bags
- 6 cups boiling water
- Ice for serving

Directions

Step 1

Place peaches and mint in the bottom of a large heatproof and shatterproof pitcher. Muddle with a wooden spoon until the peaches are pulpy and broken down. Hang tea bags in the pitcher and pour in boiling water. Let steep for at least 20 minutes. Remove the tea bags. Refrigerate the tea until cold. Fill glasses generously with ice. Strain the tea and pour over the ice. Garnish with mint if desired.

Tips

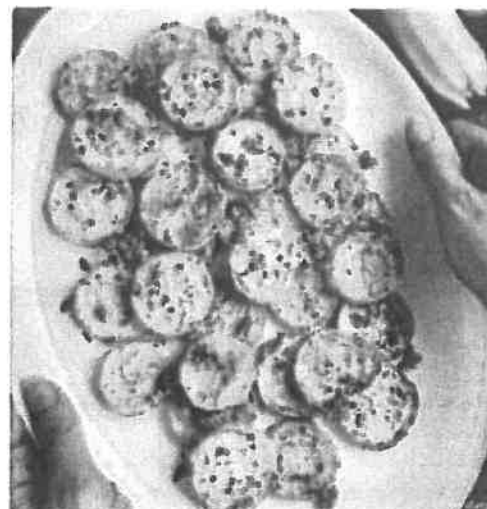
To make ahead: Refrigerate for up to 24 hours.

Nutrition Facts

Per serving: **Serving Size 1 1/4 cups** 14 calories; total carbohydrate 3g; dietary fiber 1g; total sugars 2g; protein 0g; total fat 0g; vitamin a 283iu; vitamin c 3mg; folate 6mcg; sodium 6mg; calcium 15mg; iron 1mg; magnesium 7mg; potassium 94mg

Air Fryer Squash

Air Fryer Squash is quick, easy, and delicious. With just a few simple ingredients and little prep work, you can roast **Summer Squash** in the **Air Fryer** in less than 15 minutes. Serve as a simple side dish, add to pasta sauce, or pair with zucchini for a colorful summer veggie mix.



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PREP TIME

2 mins

COOK TIME

13 mins

TOTAL TIME

15 mins



COURSE
Side Dish

CUISINE
American



SERVINGS
4

CALORIES
51 kcal

EQUIPMENT



air fryer Cutting Board Sharp Knife