



# From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appétit!

**VEGETARIAN  
GLUTEN-FREE**

## Lilac Honey and Lemon Iced Tea

### OVERVIEW

PREP TIME: 10 minutes

TOTAL TIME: 1 hour

### INGREDIENTS

For infused honey:

- 1 cup lilac blossoms (packed tight)  
(avoid any hard stems)
- 3 cups honey

For iced tea:

- 4 orange pekoe tea bags
- 4 cups water
- ½ cup lilac infused honey
- 1 cup lilac blossoms (loose)
- 1 lemon (sliced)

### DIRECTIONS

For infused honey:

1. In a large (1 L) canning jar, add the washed lilac blossoms. Pour the honey over and give it a stir.
2. Allow to sit for 24 hours to infuse flavour.

For iced tea:

1. In a large pot, bring water and infused honey to a boil.
2. Turn off heat and add tea bags. Steep for 5–10 minutes. Remove teabags and allow to cool to room temperature.
3. In a large pitcher, combine lemon and lilac blossoms. Pour the cooled tea over them.
4. Refrigerate for an hour.
5. Serve over ice.

### EXPERIMENT AT HOME

This two-part recipe can be made as individual items or combined into this delicious beverage. Try spreading the infused honey over toast, or sipping the iced tea on its own on a hot day.

