

Vanilla Saffron Iced Tea

Gluten free, Dairy Free, Low chemical

'One Green Planet' posted this recipe. Since it fulfils the requirements of the low chemical RPAH Elimination Diet, I have replicated it here for cold drink inspirations for your holiday and New Year get togethers.



<https://www.onegreenplanet.org/vegan-recipe/saffron-pear-iced-tea-vegan/>

INGREDIENTS:

- 1 ½ litres of water
- 1 tsp saffron threads
- 3 sprigs of parsley
- ½ vanilla bean
- 2 ripe pears, peeled

METHOD:

- Peel and chop the pears into small squares
- Freeze half to use in the drink glasses when you serve the iced tea
- Place remaining ingredients in a saucepan and bring to the boil
- Cover and reduce the heat, then simmer for 10 minutes
- Remove from the heat and let the mixture stand for 20 minutes for the flavours to develop
- Strain and then refrigerate until cold

Serving suggestions:

- Serve with ice cubes and frozen pear squares
- For more fizz....serve with some soda water
- Add a little gin or vodka if you wish to include alcohol