

Beulah Berry Blueberry Tea



Blueberry Drink Base:

4 cups fresh or frozen blueberries,
rinsed & drained
2 cups water
sugar

Place blueberries in a saucepan with water.
Bring to a boil, reduce heat and simmer 10 minutes.
Set sieve or colander lined with cheesecloth over a bowl
& pour in the blueberry mixture. Gently press out the juice
with a spoon or by twisting the cheesecloth. (I use a jelly
strainer, see ball canning supplies on the web. Also let it cool).

Discard the pulp* and measure the juice.
Place in a saucepan. Add ½ cup sugar for each cup
of juice and cook over medium heat, stirring until
sugar is dissolved. Bring to a boil and cook 2 minutes.
Chill, cool, and store in frig. Makes about 1 pint.

The Tea:

Make a gallon of tea using Lipton Instant Ice Tea Lemon flavored..
Comes in a big container at Walmart.

Takes 1 1/3 cup of the instant tea, per gallon of water.

I usually mix it in a big
bowl or pot....add 2 cups of the blueberry drink base, then
pour into a gallon jug. Chill .

If you are doing it by the glass...make your tea and add 2 T of
the drink base with a slice of lemon.

* Use the pulp to make a peach blueberry pie or cobbler.