

# Peach Iced Tea

Make refreshing homemade peach iced tea with fresh peaches and black tea. Perfect summer drink that's healthy, customizable, and easy to prepare.

15 min

PREP

30 min

COOK

45 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Peach Iced Tea

## Ingredients

- 2 peach
- 2 tbsp black tea
- 0.5 cup granulated sugar
- 6 cup water
- 1 lemon

## Instructions

- 1 Prepare the Peaches**

Wash 2 peaches thoroughly under cold running water. Remove the skins by scoring an X on the bottom of each peach, blanching in boiling water for 1 minute, then transferring to ice water and peeling off the loosened skin. Cut the peeled peaches into small 1/2-inch pieces, discarding the pits.
- 2 Make Peach Syrup**

Combine the chopped peaches, 2 tablespoons sugar, and 1/2 cup water in a medium saucepan. Bring to a boil over medium-high heat, stirring occasionally to dissolve the sugar.
- 3 Reduce heat to medium-low and simmer the peach mixture for 15-20 minutes, stirring occasionally, until the peaches are very soft and breaking apart and the liquid has reduced slightly.**
- 4 Brew the Tea**

While the peaches cook, heat 6 cups water to 185°F (85°C) in a separate pot or kettle. Remove from heat and steep 1 tea bag or loose tea for 5 minutes, then remove the tea bag or strain out loose leaves.
- 5 Strain Peach Syrup**

Remove the peach mixture from heat and let cool for 5 minutes. Strain through a fine-mesh sieve into a bowl, pressing the solids firmly with the back of a spoon to extract all the flavored liquid. Discard the solids.
- 6 Combine and Chill**

Stir the peach syrup into the brewed tea until well combined. Transfer to a pitcher and refrigerate for at least 2 hours until completely chilled.
- 7 Serve**

Fill glasses with ice and pour the chilled peach iced tea over the ice. Serve immediately.

## Tips

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Use perfectly ripe peaches for the best flavor - they should yield slightly to pressure and smell fragrant at the stem end.

Peel and mash peaches before cooking to reduce preparation time and ensure better flavor extraction during simmering.

Brew tea at the correct temperature (180-190°F for black tea) and don't over-steep to prevent bitterness - 3-5 minutes is sufficient.

Make simple syrup separately by dissolving sugar in hot water before adding to cooled tea to ensure complete dissolution.

Let the tea cool to room temperature before refrigerating to prevent cloudy tea and to avoid cracking glass containers.

Taste-test your peaches first - sweeter fruit requires less added sugar, while tart peaches may need additional sweetener.

Strain the peach mixture thoroughly to remove all solids for a smooth, professional-looking beverage.

Use a heat-proof pitcher when adding hot tea to prevent glass breakage from thermal shock.