

Selena + ADRIENNE CHEATHAM

EPISODE 6

INGREDIENTS

4 cups water, divided

3 black tea bags

1 sprig of mint + a few
extra leaves for garnish

½ cup sugar

1 tbsp freshly squeezed
lemon juice

Lemon wedges for garnish



SWEET TEA GRANITA

DIRECTIONS:

1. Bring 2 cups of water to a boil then turn the heat off and slide the pot off the hot burner.
2. Add the tea bags (strings hanging over the pot) and the sprig of mint and steep at room temp for 10 minutes.
3. Remove the mint and tea bags (resist the urge to squeeze the liquid out of the tea bags).
4. Stir in the sugar until fully dissolved, followed by the lemon juice.
5. Add 2 cups cold water and pour the sweet tea into an 8"x8" square glass baking dish (should be about 1" deep).
6. Place the dish in the freezer, and stir every half-hour with a fork until it's mostly frozen but still a little slushy, about 1.5 hours.
7. Transfer to a mixing bowl and use your fork to give it a good stir for 10-15 seconds, or until the crystals are smaller and smoother. Return to the freezer for 30 minutes, or until set.
8. Once set, use an ice cream scoop to divide into serving glasses, garnish with mint leaves and lemon wedges (totally optional).