



Naturally Caffeine Free Fruit Teas

Any naturally caffeine free tea.



Method

I'm a big supporter of any naturally caffeine free teas. Be them flavoured with fruit, spice, mild herbs and plants, the possibilities and options are far more exciting than your average 'cup of tea' and so much better for you!

Obviously they can be drunk hot in order to replace your caffeine habit. But remember that they can also be made in batches, and cooled in the fridge on a summers day and saved for whenever the time suits. Some of the flavours are even nicer when they have been chilled and make for very refreshing beverages!

Just remember to check the label to ensure your drink of choice is 'naturally caffeine free'.

The Grange
Welford Road

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