



## Vital Organic Honeybush Tea

Honeybush Tea comes from the Cyclopia plant, which is indigenous to South Africa. This species is restricted to the Fynbos region of the Cape.

Honeybush Tea has been harvested, during the spring season, for over 300 years by indigenous inhabitants. After harvest Honeybush leaves, stems and flowers are change colour from green to dark brown and develop a sweet aroma. cut, dried and oxidized naturally. During the fermentation process, Honeybush cuttings change colour From green to dark brown and develop a sweet aroma



The Leguminous bush has a most attractive bright yellow flower and is heavily honey scented. It grows to about one and a half metres and the unusual root structure allows the plant to flourish in fairly moist conditions.

Honeybush tea is a full-bodied brew with a honey-like, apricot flavour. It is smooth with floral, spicy undertones - the perfect cuppa for anytime of the day.

This uniquely South African herbal drink is mainly used as a tea substitute and health drink, because it does not contain harmful substances such as caffeine.

- Certified organic by ECOCERT
- Honeybush is naturally rich in anti-oxidants that offer protection against free radical damage
- Very low tannin content
- Rich in Vitamin C, Potassium, Calcium and Magnesium
- Used for its positive effects on the urinary system
- Used as a stomachic that aids digestion

### Serving Suggestion

Enjoy hot or cold without milk or sugar

### Green Beans with garlic and Honeybush tea infusion.

500g fresh green beans  
2 cloves of garlic  
3 x Vital Honeybush teabags  
10ml canola oil

Brew tea in a separate pot with 500ml water. Steam green beans in water. While beans are steaming, sauté minced garlic in canola oil. Add Honeybush tea and simmer with garlic for a few minutes. Remove beans from steamer and put in a large bowl. Pour tea marinade over drained beans. Garnish with toasted almond slices, as desired. Serve immediately

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### **Fruity Iced Tea (10 servings)**

Flavoured with mint and citrus, this refreshing blend is a perfect way to add pizzazz to standard tea.

8 cups water

6 Vital Honeybush tea bags

1/4 cup fresh mint leaves

1 ½ cups granulated sugar

1 ½ cups strained fresh orange juice

½ cup fresh strained lemon juice

Fresh mint and lemon peel for garnish

1 orange, halved and thinly sliced, for garnish

In a large saucepan, heat water until it just comes to the boil. Stir in tea, mint and sugar and boil for 3 minutes. Remove tea bags and cool brew down. Stir in orange and lemon juice. Place tea in a large pitcher. Serve over ice. Garnish each glass with a sprig of mint and a slice of orange.

### **Honeybush Chino for One**

Brew Honeybush tea as per normal. Froth milk and gently pour on top. Finish with a pinch of cinnamon and a swirl of honey. Yum!

### **Free From**

- Caffeine (naturally caffeine free)
- Flavourants
- Artificial colourants
- Lactose
- Yeast

### **Warnings**

None

### **PRODUCT TRADE SPECIFICATIONS**



- Date first released to market – 23 June 2008
- Consumer Unit Bar Code Number – 600146473068
- Consumer Unit Pack Form – Recycled fibreboard (cardboard) box
- Tamper Evidence – Tear away tab
- Consumer Unit Pack Weight – 100g
- Consumer Unit Pack dimensions 140 mm high x 72 mm wide x 67 mm deep
- Pack Size – 24 Individually wrapped and tagged tea bags
- Trade Unit Pack Form – Shrink wrapped
- Trade Unit Pack Weight – 1.22 kg
- Trade Unit Pack dimensions - 140 mm high x 297 mm wide x 206 mm deep
- Trade Unit Contains – Shrink wrap of 12
- Vital Health Foods Item Number – 1730P