

Mint Tea Punch

Prep Time: 5 minutes

Total Time: 15 minutes

Ingredients:

3 cups boiling water
12 sprigs fresh mint
4 tea bags
½ cup white sugar
1 cup orange juice
¼ cup lemon juice
5 cups cold water
3 orange slices for garnish (optional)
3 lemon slices for garnish (optional)

Preparation:

1. Place the tea bags and mint sprigs into a large pitcher. Pour boiling water over them and allow to steep for about 8 minutes.
2. Remove and discard the tea bags and mint leaves, squeezing out excess liquid.
3. Stir in sugar until dissolved, and then stir in the orange juice and lemon juice.
4. Pour in the cold water. Serve over ice cubes, garnish with orange or lemon slices.

Yield: 10 servings

Nutritional analysis per serving: calories 50, calories from fat 0, total fat 0g, saturated fat 0g, trans fat 0g, cholesterol 0mg, sodium 0mg, total carbohydrate 13g, dietary fiber 0g, sugars 12g, protein 0g, vitamin A 0%, vitamin C 20%, calcium 0%, iron 0%

*garnish is not included in the analysis

****Low Calorie Option:**

To reduce caloric content, use ½ cup Splenda® no calorie sweetener, granular. Or, you can use ¼ cup sugar + ¼ cup Splenda®.

SOURCE: allrecipes.com