

## Sparkling Cranberry-Green Tea with Citrus

**Prep Time: 5 minutes**

**Total Time: 15 minutes**

### **Ingredients:**

3 cups water

2 green tea bags

2 mint tea bags

1/2 cup frozen concentrated sweetened cranberry juice or cranberry juice cocktail

1/4 cup frozen orange juice concentrate

1 liter Food Club chilled club soda

Juice of 1 lime

1 whole lime, sliced into wedges

Mint leaves

### **Preparation:**

1. Bring water just to boil. Measure 3 cups (24 oz) water and brew 2 green tea bags and 2 mint tea bags for 2-3 minutes. Cool in refrigerator.

2. When tea is chilled, mix well with frozen concentrated juices and lime juice. When ready to serve, add club soda, pour into glasses and add ice as desired. Serve with lime wedges and fresh mint.

**Yield:** 6 servings

**Nutritional analysis per serving:** calories 60, calories from fat 0, total fat 0g, saturated fat 0g, trans fat 0g, cholesterol 0mg, sodium 5mg, total carbohydrate 16g, dietary fiber 0g, sugars 15g, protein 0g, vitamin A 0%, vitamin C 60%, calcium 0%, iron 0%

\*garnish is not included in the analysis