

Beverages

Apple-Spiced Tea

Susan Westerfield - Albuquerque, NM

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Servings: 1

Start to Finish Time: 10 minutes

1/2 cup apple cider or juice
1/4 teaspoon fresh gingerroot, minced
2 whole allspice
2 whole cloves
1 black tea bag
1/2 cup boiling water
1 tablespoon brown sugar

In a small bowl, combine the cider, gingerroot, allspice, cloves and tea bag.

Add boiling water.

Cover and steep for 5 minutes.

Strain, discarding the tea bag and spices.

Stir in the sugar.

Serve immediately.

Per Serving (excluding unknown items): 108 Calories; 4g Fat (23.5% calories from fat); 2g Protein; 26g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 48mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fat; 1/2 Other Carbohydrates.