

Hawaiian Tea

*Emma Prillhart - Kingsport, TN
Southern Living - 1987 Annual Recipes*

Yield: 3 quarts

*2 quarts water
6 regular tea bags
1 jar (8 ounce) maraschino cherries,
undrained
1/2 cup water
1 cup sugar
1 1/2 cups lemon juice
2 1/2 cups pineapple juice
lemon slices (for garnish) (optional)
mint sprigs (for garnish) (optional)*

Bring two quarts of water to a boil. Pour over the tea bags. Cover and let stand for 5 minutes. Discard the tea bags.

Drain the cherries, reserving the juice (reserve the cherries for other use).

In a saucepan, combine 1/2 cup of water and the sugar. Boil for 5 minutes.

Add the sugar mixture, lemon juice, pineapple juice and cherry juice to the tea.

Garnish with lemon slices or mint sprigs, if desired.

Serve hot or chilled.

Per Serving (excluding unknown items): 1508 Calories; 1g Fat (0.6% calories from fat); 4g Protein; 392g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 193mg Sodium. Exchanges: 8 Fruit; 18 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	1508	Vitamin B6 (mg):	.8mg
% Calories from Fat:	0.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.5%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	192mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

