

Beverages

Hot Tea Punch

www.splenda.tastebook.com

Servings: 2

Start to Finish Time: 10 minutes

3 packets Splenda no calorie sweetener

1 stick (3-inch) cinnamon

1 whole clove

1 cup water

2 tea bags

1/2 cup fresh orange juice

2 teaspoons fresh lemon juice

In a heavy saucepan, bring the water, cinnamon, clove and water to a boil. Boil for 2 minutes.

Remove from the heat and add the tea bags.

Cover and steep for 5 minutes.

Remove the spices and tea bags with a slotted spoon.

Stir in the juices.

Serve immediately.

Per Serving (excluding unknown items): 54 Calories; 1g Fat (12.6% calories from fat); 1g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.