

Beverage

Lemon-Blueberry Sweet Tea

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Preparation Time: 30 minutes

Start to Finish Time: 1 hour 30 minutes

1 package (12 oz) frozen blueberries

1/2 cup fresh lemon juice

4 cups water

3 family-size tea bags

3/4 cup sugar

fresh blueberries (for garnish)

lemon rind strips (for garnish)

In a large saucepan over medium heat, bring the blueberries and lemon juice to a boil.

Cook, stirring occasionally, for 5 minutes. Remove from heat.

Pour through a wire-mesh strainer into a bowl. Use the back of a wooden spoon to squeeze out the juice. Discard the solids. Rinse the saucepan clean.

In the same saucepan, bring the water to a boil.

Add the tea bags. Let stand for 5 minutes.

Discard the tea bags.

Stir in the sugar and blueberry juice mixture.

Pour into a pitcher. Cover and chill for 1 hour.

Serve over ice.

Garnish with blueberries and lemon rind, if desired.

Yield: 5 cups

Per Serving (excluding unknown items): 706 Calories; 1g Fat (1.2% calories from fat); 2g Protein; 183g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 41mg Sodium. Exchanges: 2 Fruit; 10 1/2 Other Carbohydrates.