

Beverage

Lemonade Sweet Tea

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Preparation Time: 25 minutes

Start to Finish Time: 25 minutes

3 cups water

2 family-size tea bags

1 cup loosely packed fresh mint leaves

1/2 cup sugar

4 cups cold water

1/2 can (12 oz) frozen lemonade concentrate, thawed

halved orange slices (for garnish)

lemon balm (for garnish)

In a 2-quart saucepan, bring the water to a boil. Remove from heat.

Add the tea bags and stir in the fresh mint.

Cover and steep for 10 minutes.

Discard the tea bags and mint.

Stir in the sugar until dissolved.

Pour the tea into a 3-quart container.

Stir in the cold water and lemonade concentrate.

Serve over ice.

Garnish with orange slices and lemon balm, if desired.

Yield: 8 cups

Per Serving (excluding unknown items): 398 Calories; 0g Fat (0.0% calories from fat); trace Protein; 102g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 56mg Sodium. Exchanges: 7 Other Carbohydrates.