

Beverage

Peach Iced Tea

Southern Living Best Barbecue Recipes - June 2011

Preparation Time: 5 minutes

Cook time: 5 minutes

3 cups water

2 family-size tea bags

1/2 cup water

7 cups cold water

1 bottle (33.8 oz) peach nectar

1/4 cup lemon juice

In a saucepan, bring three cups of water to a boil.

Add the tea bags.

Boil 1 minute and remove from heat.

Cover and steep for 10 minutes.

Remove and discard the tea bags.

Add the sugar. Stir until dissolved.

Pour into a one gallon container. Add seven cups of cold water.

Stir in the peach nectar and lemon juice.

Serve over ice.

Yield: 10 cups

Per Serving (excluding unknown items): 160 Calories; trace Fat (0.2% calories from fat); 1g Protein; 42g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 98mg Sodium. Exchanges: 2 1/2 Fruit; 0 Other Carbohydrates.