

Beverages

Cool Mint and Orange Tea

Splenda.tastebook.com

Servings: 10

Start to Finish Time: 10 minutes

3 cups boiling water

12 sprigs fresh mint

4 tea bags

3/4 cup Splenda No Calorie Sweetener, granulated

1 cup orange juice

1/4 cup lemon juice

5 cups cold water

3 orange slices (for garnish)

3 lemon slices (for garnish)

Place the mint sprigs and tea bags into a large pitcher.

Pour boiling water over them and allow to steep for about 8 minutes.

Remove and discard the tea bags and mint leaves, squeezing out the excess liquid.

Stir in the Splenda until dissolved. Then stir in the orange and lemon juices.

Pour in the cold water.

Serve over ice cubes.

Garnish with orange and lemon slices.

Per Serving (excluding unknown items): 18 Calories; trace Fat (4.5% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Other Carbohydrates.