

Summertime Tea

Angela Lively

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Servings: 18

Start to Finish Time: 15 minutes

14 cups water, divided

6 individual black tea bags

1 1/2 cups sugar

3/4 cup frozen orange juice concentrate, thawed

3/4 cup frozen lemonade concentrate, thawed

1 cup tequila (optional)

fresh mint leaves (optional)

lemon or lime slices (optional)

In a large saucepan, bring four cups of water to a boil.

Remove from the heat.

Add tea bags. Cover and steep for 3 to 5 minutes.

Discard tea bags.

Stir in the sugar, juice concentrates and the remaining water.

Add the tequila, if desired.

Refrigerate until chilled.

Garnish with the mint and lemon, if desired.

Yield: 18 3/4 cup servings

Per Serving (excluding unknown items): 83 Calories; trace Fat (0.3% calories from fat); trace Protein; 21g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.