

Beverage

Mint Julep Sweet Tea

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Preparation Time: 10 minutes

Start to Finish Time: 10 minutes

1/2 cup loosely packed fresh mint leaves

1 lemon, liced

2 tablespoons sugar

3 cups cold sweetened tea

1 cup bourbon

crushed ice

fresh mint sprigs (for garnish)

In a 2-quart pitcher, combine the mint, lemon and sugar.

Press the mint leaves against the sides of the pitcher with the back of a spoon to release the flavors.

Stir in the tea and bourbon.

Serve over crushed ice.

Garnish with fresh mint sprigs, if desired.

Yield: 4 cups

Per Serving (excluding unknown items): 664 Calories; trace Fat (1.2% calories from fat); 1g Protein; 31g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Other Carbohydrates.