

Sparkling Peach Tea

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Yield: 4 servings

1 ripe peach
1/2 cup simple syrup
1/4 cup lemon juice
3 cups peach ice tea, chilled
1 cup Proseco, chilled
lemon slices (for garnish)

Preparation Time: 15 minutes

Cut the peach in half. Remove the pit and dice the fruit.

Place the peaches, simple syrup, and lemon juice into a blender. Puree until smooth. Strain the mixture through a fine-mesh strainer.

Stir together the peach-simple syrup mixture with the peach iced tea.

Pour half of the peach tea mixture into ice cube trays. Freeze.

Chill the remaining peach tea mixture.

Make the cocktails: Fill four tall iced tea glasses with the tea cubes.

Divide the peach tea evenly among the glasses. Top each with Proseco.

Garnish with a lemon slice. Serve immediately.

Per Serving (excluding unknown items): 144 Calories; 0g Fat (0.0% calories from fat); trace Protein; 39g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fruit; 2 Other Carbohydrates.