

Cinnamon-Orange Iced Tea

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Servings: 6

FOR THE TEA

8 cups water

2 large pieces orange peel`

1 cinnamon stick

8 black tea bags

orange slices (for garnish)

additional cinnamon sticks (for garnish)

FOR THE SYRUP

1 cup water

1 cup sugar

6 quarter-size coins ginger, peeled and chopped

6 sprigs fresh mint

MAKE THE TEA: Combine the water, orange peel and cinnamon stick in a saucepan over low heat and bring to a boil.

Add the tea bags and turn off the heat. Let the tea steep for about 5 minutes (no more or else it will be bitter), then remove the tea bags and chill the tea. Do not remove the orange peel or cinnamon stick at this time.

MAKE THE SYRUP: Combine the water, sugar and ginger in a small saucepan over low heat and bring to a boil without stirring. Once boiling, turn off the heat.

Rip the mint leaves and stalks into pieces and drop into the syrup. Let cool to room temperature, about 20 minutes.

Strain the syrup, discarding the mint and ginger.

Strain the tea into a pitcher.

Add the mint syrup according to your taste buds and stir.

Serve in tall glasses over ice and garnish with orange slices and cinnamon sticks.

Per Serving (excluding unknown items): 156 Calories; trace Fat (2.4% calories from fat); 1g Protein; 39g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Fat; 2 Other Carbohydrates.