

Beverage

Citrus Sweet Tea

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Preparation Time: 15 minutes

Start to Finish Time: 1 hour 30 minutes

3 cups water

2 whole cloves

1 family-size tea bag

1 1/2 cups pineapple juice

1/2 cup orange juice

1/4 cup fresh lemon juice

2/3 cup sugar

crushed ice

lemon slices (for garnish)

in a saucepan over medium heat, bring the water and cloves to a boil.

Reduce heat to low and simmer for 10 minutes. Remove from heat.

Add the tea bag and steep for 10 minutes.

Discard the tea bag and cloves.

Add the fruit juices and sugar, stirring until the sugar dissolves.

Cover and chill for 1 hour.

Serve over crushed ice.

Garnish with lemon slices (if desired).

Yield: 5 cups

Per Serving (excluding unknown items): 840 Calories; 3g Fat (3.2% calories from fat); 3g Protein; 211g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 63mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Fruit; 1/2 Fat; 9 Other Carbohydrates.