

Beverage

Ginger-and-Honey Sweet Tea

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Preparation Time: 10 minutes

Start to Finish Time: 26 minutes

3 cups water

2 family-size tea bags

1/2 cup honey

1 tablespoon fresh ginger, grated

7 cups cold water

lemon slices (for garnish)

In a medium saucepan, bring the water to a boil.

Add the tea bags.

Boil for 1 minute and remove from heat.

Cover and steep for 10 minutes.

Discard the tea bags.

Add the honey and ginger, stirring until dissolved.

Pour into a one-gallon container.

Add the cold water and stir to mix well.

Serve over ice.

Garnish with lemon wedges, if desired.

Yield: 10 cups

Per Serving (excluding unknown items): 530 Calories; trace Fat (0.1% calories from fat); 1g Protein; 143g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 84mg Sodium. Exchanges: 0 Vegetable; 9 1/2 Other Carbohydrates.