

Holiday Spiced Tea

Splenda.tastebook.com

Servings: 16

Preparation Time: 10 minutes

Start to Finish Time: 35 minutes

12 cups water, divided

6 tea bags

4 cinnamon sticks

2 teaspoons whole cloves

1 1/4 cups Splenda No Calorie Sweetener, granulated

1 can (6 oz) frozen orange juice concentrate

1/4 cup fresh lemon juice

lemon slices, orange slices, whole cloves and cinnamon sticks (for garnish)

Bring eight cups of the water to a boil. Pour over the tea bags into a large heat-resistant bowl. Cover and steep for 5 minutes. Remove the tea bags, squeezing gently.

Stir in the Splenda, orange juice and lemon juice.

Combine four cups of the water, the cinnamon sticks and cloves in a small saucepan. Bring to a boil. Reduce the heat. Cover and simmer for 20 minutes. Pour the mixture through a wire-mesh strainer into the tea mixture, discarding the spices.

Pour into mugs and serve the tea hot with lemon and orange slices, whole cloves and cinnamon sticks.

Per Serving (excluding unknown items): 34 Calories; trace Fat (4.4% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.