

Beverages

Hot Spiced Tea

www.splenda.tastebook.com

Servings: 1

Preparation Time: 5 minutes

Start to Finish Time: 10 minutes

1 cup water

1 regular-size tea bag

1/2 cinnamon stick

4 whole cloves

3 packets Splenda no calorie sweetener

1 tablespoon fresh orange juice

1 teaspoon fresh lemon juice

lemon and orange slices (optional for garnish)

In a pan, bring the water to a boil. In a teapot, pour the water over the teabag, cinnamon stick and cloves. Cover and steep for 5 minutes. Remove the tea bag, stirring gently.

Add the sweetener, orange juice and lemon juice to the tea. Stir. Pour the tea through a wire-mesh strainer into a cup, discarding the spices.

TO MAKE FOUR CUPS: In a pan, bring four cups of water to a boil. In a teapot, pour the water over three regular-size tea bags, two cinnamon sticks and 1/2 teaspoon of whole cloves. Cover and steep for 5 minutes. Remove the tea bags, squeezing gently. Stir twelve packets of sweetener, 1/4 cup of orange juice and 1-1/2 teaspoons of lemon juice into the tea. Pour the tea through a wire mesh strainer into the cups, discarding the spices.

Per Serving (excluding unknown items): 117 Calories; 6g Fat (31.6% calories from fat); 2g Protein; 25g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 76mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Fruit; 1 Fat; 0 Other Carbohydrates.