

Instant Russian Tea

Cookbook Committee

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 1 pound, 2 ounce jar Tang
3/4 cup instant tea
1 1/2 cups sugar
1 teaspoon ground cloves
1 teaspoon cinnamon*

In a bowl, mix all together. Use two teaspoons per cut of hot water.

Per Serving (excluding unknown items): 1185 Calories; 1g Fat (0.4% calories from fat); trace Protein; 306g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 20 1/2 Other Carbohydrates.