

Beverages

Raspberry Tea Punch

www.splenda.tastebook.com

Servings: 11

Preparation Time: 10 minutes

Start to Finish Time: 2 hours 10 minutes

1 quart boiling water

6 regular-size raspberry-flavored tea bags

2 regular-size tea bags

2/3 cup Splenda no calorie sweetener

1/4 cup fresh lemon juice

1 quart soda water, chilled

2 cups fresh or unsweetened frozen raspberries

Pour the boiling water over the tea bags. Steep for 5 minutes.

Remove the tea bags from the water, squeezing gently.

Stir in the sweetener.

Cover and chill for two hours.

Stir in the lemon juice, soda water and raspberries.

Serve over ice, if desired.

Per Serving (excluding unknown items): 32 Calories; 0g Fat (0.0% calories from fat); trace Protein; 8g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Fruit; 0 Other Carbohydrates.