

# Russian Tea

*Mrs Benton Satterfield*

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

*6 cups water  
2 tablespoons whole cloves  
juice of three lemons  
3 regular size tea bags  
1 stick cinnamon  
1 3/8 cups sugar  
juice of three oranges*

In a saucepan, put the cloves and cinnamon in water and bring to a boil.

Remove the spices and add the tea bags. Steep the tea bags for 20 minutes.

Pour the mixture over the sugar in the pitcher.

Add juices with some pulp.

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Per Serving (excluding unknown items): 1152 Calories; 3g Fat (2.1% calories from fat); 2g Protein; 295g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 87mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fat; 19 Other Carbohydrates.