

**Beverage**

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# **Tropical Fruit Fros-Tea**

Lipton Tea Company

**Servings: 5**

**Preparation Time: 10 minutes**

**Chill: 15 minutes**

**1 cup boiling water**

**1 family-size Iced Tea Brew tea bag**

**3 tablespoons sugar**

**2 cups cut-up fresh pineapple OR one pint hulled strawberries**

**1 banana, cut into chunks**

**3 cups (18 to 24) ice cubes**

In a medium bowl, pour the boiling water over the tea bag. Cover and brew for 5 minutes.

Remove the tea bag and squeeze dry. Cool slightly.

In a blender, process the tea, sugar, pineapple and banana.

Add the ice cubes, one at a time, and process until frosty.

Pour into a pitcher and serve immediately.

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Per Serving (excluding unknown items): 51 Calories; trace Fat (1.9% calories from fat); trace Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.