



# **Pineapple Russian Tea**

### **Ingredients:**

1/2 gallon water
2 tea bags
1/8 teaspoon ground cloves
1/8 teaspoon cinnamon, or apple pie spice
1 cup orange juice
1 cup pineapple juice
1/2 cup lemon juice
1 cup sugar

## **Equipment:**

Large sauce pan Medium sauce pan Measuring cups Measuring spoons

Number of Servings: 12 Preparation Time: 20 minutes Total time: 1 hour For more recipes, please visit: www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter www.facebook.com/vafnp www.twitter.com/vafnp

#### Nutrition Facts Serving Size: 1 cup Servings: 8

Calories 134		Calories from	Fat 0				
		%Daily \					
Total Fat trace g			0%				
Saturated Fat 0g			0%				
Cholesterol 0mg Sodium 9mg Total Carbohydrate 34g Dietary Fiber trace g			0% 0% 11% 1%				
				Protein trace g		1%	
				Vitamin A 19	%	Vitamin C	43%
				Iron 19	%	Calcium	2%

#### Directions

2013

In a large pot, boil water with cloves and cinnamon rapidly for 20 minutes. Remove from heat, cover, and add 2 tea bags, and let "steep" for at least 1 hour.

In another saucepan, combine juices and sugar. Heat gently on medium heat, stirring to dissolve sugar. Mix tea and juices together. Serve hot.



The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



VCEP-5NP

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital, family, or veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, VPI & SU, VSU, and the U.S.D.A. cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Administrator, 1890 Extension Program, Virginia State, Petersburg.