



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



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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

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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.



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VCEP-5NP

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