

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

Directions

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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Nutrition Facts

Serving Size: 1 cup

Servings: 8

Amount Per Serving

Calories 134 Calories from Fat 0

%Daily Value*

Total Fat trace g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 9mg **0%**

Total Carbohydrate 34g **11%**

Dietary Fiber trace g **1%**

Protein trace g **1%**

Vitamin A 1% Vitamin C 43%

Iron 1% Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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