

Friendship Tea

1 cup (250 mL) orange juice ½ cup (60 mL) sugar
1 cinnamon stick
4 whole cloves
6 tea bags
2½ cups (625 mL) cranberry juice drink
1½ cups (375 mL) water



- 1. Combine cranberry juice, water, orange juice, sugar, cinnamon and cloves in Executive or Stainless 3-qt. (2.8-L) Saucepan; bring to a boil.
- 2. Remove from heat; add tea bags. Let steep 5 minutes. Remove tea bags and spices with spoon.
- 3. Carefully pour hot tea mixture into a carafe or thermos and seal.

Yield: 6 6-oz (175-mL) servings

U.S. Nutrients per serving: Calories 110, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrate 29 g, Protein 0 g, Sodium 10 mg, Fiber 0 g