



Iced Apple Tea

Ingredients:

- 3 cups apple juice or cider
- 3 cups boiling water
- 6 tea bags
- 1/3 cup honey
- 1 tsp. allspice
- Apple slices, cut in circles, to garnish (optional)

Directions:

1. Add tea bags to boiling water. Let stand 15 minutes.
2. Remove and add allspice, honey and apple juice.
3. Simmer over low heat until honey is blended, about one minute.
4. Chill. Serve over ice with lemon slices. Serves 5.

Nutrition Info: Each serving contains 140 calories, 36 g carbohydrate, (0 g fiber), 0 g protein, 0 g fat, (0 g saturated fat), 0 mg cholesterol, and 15 mg sodium.



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