

Simply Iced Tea

Recipe Type: Drink

Serves: 6

Prep Time: 15 minutes

Cooking Time: None

C = cup T = tablespoon

t = teaspoon oz = ounce

What you need:

- 2 Quart pitcher
- 6 C water
- 5 tea bags
- Sugar, if you like

What to do:

1. Wash your hands.
2. Bring the water to a boil in a kettle or a pot.
3. Put 3 cups of water in a teapot or a large pan and heat it until the teapot whistles or the water comes to a boil.
4. Once water boils, turn off the heat.
5. Place 5 tea bags in the teapot or large pan. Leave them for about 3-5 minutes.
6. Put 3 cups of cold water in the pitcher.
7. Take out the tea bags and pour the tea into the pitcher.
8. Let it chill in the freezer for 5 minutes.
9. Serve and enjoy!

Add a little sugar, if you like. Know that you will be adding 16 calories and 1 gram of sugar for each teaspoon added!



This is a picture of 1 serving.

Nutrition Facts

6 servings per container

Serving size 1 cup

Amount per serving

Calories 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 88mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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