

LiveWell

## Raspberry tea cooler

Yield: 6 servings



### Ingredients:

- 1 pint fresh raspberries
- 2 cups water
- 2 raspberry tea bags
- 2 cups orange juice
- 2 cups sparkling water
- 1/2 orange

### Directions:

1. Rinse and freeze raspberries overnight.
2. Heat 2 cups of water to a light simmer using a teakettle. In a pot or heat proof pitcher, pour hot water over 2 tea bags and steep for 5-7 minutes.
3. Remove and dispose of tea bags.
4. Cool tea on counter or in refrigerator. In a pitcher, combine cooled tea, orange juice, sparkling water, orange slices, and frozen raspberries.
5. Cut orange into half-moon slices.
6. Pour 1 cup of tea mixture into each glass and add ice and an orange slice.

### Nutrition information per serving:

Calories: 70	Carbohydrates: 17 grams	Food exchanges:
Fat: 0.5 grams	Fiber: 4 grams	1 fruit
Saturated fat: 0 grams	Protein: 1 gram	
Cholesterol: 0 mg		
Sodium: 18 mg		