

Smashed Fruit Tea

Plymouth Canton Ed. Park



Ingredients

2 red fruit tea bags
20 fluid oz. water
2 Tbsp. diced mango
2 Tbsp. grapes, halved
1 Tbsp. pineapple, diced
4 fluid oz. sparkling water

Directions

Bring water to a boil, add the tea bags. Allow to steep 12 minutes. Remove tea bags. Pour into jar or pitcher, add fruit to tea and allow to infuse. Chill, great the same day, even better the next day.

Divide tea between two glasses and top with sparkling water, using fruit as garnish.

Nutritional Information

	Servings 2
Calories per serving	15
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	14mg
Total Carbohydrates	4g
Dietary Fiber	.32g
Protein	.18g