

Black Iced Tea

Recipe Type: Drink

Serves: 8

Prep Time: 15 minutes

Cooking Time: None

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 2 Quart pitcher
- 6 C water
- 5 tea bags
- 2 T sugar

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 and add 2 t of sugar. Mix well.
5. Place 5 tea bags in the tea pot 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!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 0 Calories from Fat 0

%Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 5 mg 0%

Total Carbohydrate 0 g 0%

Dietary Fiber 0 g **0%**

Sugars 0 g

Protein 0 g

Vitamin C 0%

Calcio 0%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 2.7

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