

Maple Iced Tea



Servings: 8

8 cups water

2 black tea bags

1/4 cup maple syrup

1/4 cup lemon juice

Bring 1 cup of water to a boil. Steep 2 black tea bags in the water for 10 minutes. Discard the tea bags.

To a pitcher add brewed black tea, maple syrup, lemon juice, and the remaining 7 cups of water. Stir together.

Chill in the refrigerator for at least 1 hour.

Pour over ice and add a slice of lemon.

Serve

Per Serving (excluding unknown items): 27 Calories; trace Fat (0.2% calories from fat); trace Protein; 7g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 11mg Sodium; 6g Total Sugars; 0mcg Vitamin D; 18mg Calcium; trace Iron; 22mg Potassium; trace Phosphorus. Exchanges: .