

# Maple Iced Tea



## **Servings: 8**

*8 cups water*

*2 black tea bags*

*1/4 cup maple syrup*

*1/4 cup fresh 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 tea, maple syrup, lemon juice, and the remaining 7 cups of water. Stir together.

Refrigerate until ready to serve.

Pour over ice and add a slice of lemon.

Serve

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Per Serving (excluding unknown items): 29 Calories; trace Fat (0.7% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 11mg Sodium; 6g Total Sugars; 0mcg Vitamin D; 18mg Calcium; trace Iron; 30mg Potassium; 1mg Phosphorus.  
Exchanges: .