

Ice Tea "Sangria"



 10 min.  95 kcal  SteviaSweet Crystal

Preparation

Put the ingredients for the orange syrup in a pan. Leave the syrup to boil for 5-10 minutes. Boil the water, add the tea leaves and brew for 10 minutes. Mix the tea and the syrup and leave to cool. Add the white wine to the cold tea. Serve with fresh fruit slices and ice.

Ingredients for 4 servings

Tea

500 ml	water
5 tsp	rooibos or fruit tea
500 ml	(non-alcoholic) white wine

Orange syrup

	grated peel from 1 orange
	juice from 1 orange
40 g	SteviaSweet Crystal
1/2 tsp	ground cinnamon

To serve

	Fresh fruit
	Ice cubes

Nutritional information per portion

95	kcal
397	kJ
0.5	g Protein
23	g Carbohydrates
<0.5	g Fat