

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:

6 C water
2 T sugar
5 tea bags

What to do:

1. Wash your hands.
2. Put 3 C of water in a teapot or a large pan and heat it until the teapot whistles or the water comes to a boil.
3. Once water boils, turn off the heat and add 2 T of sugar. Mix well.
4. Place 5 tea bags in the tea pot or large pan. Leave them for about 3-5 minutes.
5. Put 3 cups of cold water in a pitcher.
6. Take out the tea bags and pour the tea into the pitcher.
7. Let it chill in the freezer for 5 minutes.
8. Serve and enjoy!



This is a picture of 1 serving.

Nutrition Facts

8 servings per container

Serving size 8 oz (182g)

Amount per serving

Calories 10

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 3g Added Sugars 6%

Protein 0g

Vitamin D 0mcg 0%

Calcium 5mg 0%

Iron 0mg 0%

Potassium 17mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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