

life is why
Family Health Challenge™

Raspberry Basil Iced Tea



Serves 8

Price per Serving \$1.60

Refresh with this simple and deliciously fruity tea.

Ingredients

- 8 cups unsweetened decaffeinated iced tea
- 2 cups raspberries, washed
- 8 fresh basil leaves, washed
- 4 Tbsp. no-calorie sweetener (granulated, 6 packets)

Directions

1. In a 2-quart pitcher, combine tea, raspberries, basil and no-calorie sweetener. Gently stir and refrigerate overnight.
2. Add ice to individual glass and pour iced tea in each through a strainer to remove bits of herbs and fruit. Stir and enjoy.

Nutritional Info

Nutrition Facts	
Calories per serving	2
Total Fat	0.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Cholesterol	0 mg
Sodium	0 mg
Carbohydrates	0.4 g
Fiber	0 g
Sugars	0 g
Protein	0 g

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