



## Orange-Earl Grey Iced Tea

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Get a little pick-me-up with this orange-infused Earl Grey iced tea. Tea is rich in a class of antioxidants called flavonoids that may help reduce your risk of Alzheimer's and diabetes, plus help you have healthier teeth and gums and stronger bones. You can help preserve the flavonoids in iced tea by adding something acidic—like the orange juice in this recipe.

### Ingredients:

- ¼ cup loose Earl Grey tea, or 12 Earl Grey tea bags
- Peel of 1 orange, plus orange wedges for garnish
- 4 cups boiling water
- ¾ cup orange juice
- ¼ cup sugar
- 4 cups cold water

### Directions:

- Steep loose tea (or tea bags) and orange peel in boiling water for 3 to 5 minutes.
- Strain the tea (or remove tea bags and orange peel) and pour into a large pitcher. Stir in orange juice and sugar until the sugar is dissolved. Add cold water. Refrigerate until chilled, about 2 hours. Serve over ice with orange wedges, if desired.
- Using Splenda or other sweetener instead of sugar will reduce the calories to around 15 calories per serving.

**Yield:** 8 servings, about 1 cup each

**Nutritional Information:** 35 Calories; 0 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 9 g Carbohydrates; 0 g Protein; 0 g Fiber; 5 mg Sodium; 67 mg Potassium

Recipe Source: EatingWell: July/August 2009

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.