

# Cranberry Tea

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<http://www.ext.nodak.edu/extnews/newsrelease/2004/100704/03prairi.htm>

## Ingredients:

- 4 c. water
- 1 cinnamon stick
- 2 Tbsp. sugar
- 2 c. cranberry juice cocktail
- 12 whole cloves
- 4 tea bags

## Directions:

- Bring first three ingredients to a boil and cover. Let sit 5 minutes. Remove cinnamon sticks and remove pan from heat. Add tea bags and allow to steep for 3 to 5 minutes, then remove. Add cranberry juice and return to boil. Serve hot in mugs.

*Makes 6 servings. Each serving has 65 calories, 0.1 grams of fat and 17 grams of carbohydrate*

**NDSU** EXTENSION  
SERVICE