

Spiced Tea Mix

Featured in: FN 1625
"Beverage Mixes in a Jar"

Ingredients:

- 1½ c. orange breakfast drink (such as Tang)
- ¾ c. iced tea mix (unsweetened)
- 1½ c. white sugar
- 3 tsp. ground cinnamon
- 2 tsp. ground cloves

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Directions:

1. Mix contents in a large bowl.
2. Store mixture in an airtight, quart-size container. Decorate container as desired.

Directions for Serving:

- For each serving, place 1 cup of boiling water in a mug and stir in 1 teaspoons of mix.

Makes 64 servings. Per serving: 60 calories, 0 grams (g) fat, 0 g protein, 10 g carbohydrate, 0 g fiber, and 0 mg sodium.

NDSU EXTENSION
SERVICE