

Fruit-Flavored Sweet Tea

Ingredients:

2 family-sized black tea bags
2 flavored tea bags
1 cup sugar

Instructions:

Bring 4 cups of water to boil. Once boiling, add tea bags and simmer for one minute. Turn off the heat and let the tea bags steep for 15 minutes. Remove the tea bags, then add 1 cup of sugar and stir until dissolved. Pour into a 1-gallon pitcher and fill with water. Chill overnight before serving. Add extra sugar if desired.

Important Tea Tips:



Tips: Tea tastes much sweeter after it has cooled in the refrigerator overnight. If you make it the same day you plan to drink it, you'll need to add more sugar to achieve the desired sweetness. To enjoy the best flavor, always prepare tea at least a day in advance. Letting it sit overnight is especially helpful for those who are mindful of their weight or sugar intake.

If you need to drink the tea the same day and have a deep freezer, you can place it in the freezer until it is very cold before serving.

When my kids were young, I used to add 1 and 1/3 cups of granulated sugar. Now they prefer it with just 3/4 cup of sugar per gallon. Feel free to adjust the amount according to your taste.

If you're looking to reduce the sugar in your tea, start by cutting it down by 1/4 cup at a time to make the change gradual.

"I personally prefer to boil my tea. I find that the Tetley brand does not taste bitter after boiling, unlike other brands. The strength of the tea is a matter of personal preference. My mother did not boil her tea; she simply added hot tap water and let it sit all day in a jug on the kitchen counter. I, however, like to boil it in my kettle." -Tammy