



Green-Tea Soda

Green tea has been much applauded for its health-giving properties, but it also makes a great base for a sparkling drink sweetened with honey and served with tons of fresh fruit.

4 qt. water

32 bags green tea

$\frac{3}{4}$ cup honey or sugar

12 cups assorted fruit: raspberries, blueberries,
sliced nectarines, lime slices

3 L chilled sparkling water

Mint sprigs, for garnish

1. In a large saucepan, bring the water to a boil. Add the tea bags and steep for 5 to 7 minutes. Remove the tea bags and stir in the honey. Refrigerate until well chilled.
2. Put the tea mixture in a punch bowl and add the fruit and sparkling water.
3. Serve over ice garnished with mint sprigs.

Makes 32 servings

Total time: 40 minutes (plus chilling)

Per serving: 50 calories, 0 g fat (0 g saturated), 1 g protein, 13 g carbohydrates (1.7 g fiber),
0 mg cholesterol, 1 mg sodium

