



Rum-Spiked Orange Iced Tea

Be sure to use an amber-colored rum: White rum would be too harsh and dark rum too sweet.

4 qt. freshly brewed tea, chilled

4 qt. orange juice, strained

½ cup honey

3 cups golden rum

4 oranges, thinly sliced

Combine all ingredients and serve over ice. Garnish with orange slices.

Makes 9 quarts

Total time: 20 minutes (plus chilling)

Per cup: 106 calories, 0 g fat (0 g saturated), 1 g protein, 15 g carbohydrates (0.2 g fiber),
0 mg cholesterol, 2 mg sodium

