Refreshing Iced Tea Spritzer

Low calorie

Nutritional Information per portion:

ENERGY	(8 kCal) 32kJ
TOTAL FAT	0 g
PROT	1 g
TOTAL CARBS	1 g
FIBRE	0 g

Ingredients

250ml Cold or room temperature water
3 tea bags Carmién Cranberry Hibiscus Cold Brew range
500ml Ginger Ale (Sugar Free)
250ml Sprite Zero
Ice blocks
Berries
Mint leaves

Method

1. Add 3 Carmien Cranberry Hibiscus Cold Brew tea bags to 250ml cold or room temperature water in a jug. Let it infuse for about 30 minutes. Stir in between. When the water is deep red remove the tea bags.
2. Add 500ml Ginger Ale to the tea infusion.
3. Add 250ml Sprite Zero to the mixture. If you prefer a spritzer that is less sweet the Sprite Zero can be replaced with 250ml sparkling water.
4. Stir lightly to mix.
5. Add some ice cubes.
6. Garnish with blueberries, strawberry pieces and round off with some mint leaves.
7. Enjoy the refreshing taste in warm weather.

4 servings **30 minutes**

essential nutriments
REGISTERED DIETITIANS