

## **Cold – Black Tea and Juice**

### **Ingredients**

- 1 cup strong brewed black tea
- ½ cup natural sugar free Xylitol or maple syrup
- 4 cups of frozen or fresh orange juice (thawed)
- 4 cups of frozen or fresh pineapple juice (thawed)
- 4 cups of frozen or fresh lemonade (thawed)
- 2 litres of ginger ale

### **Directions**

1. Combine tea and Xylitol and stir until it dissolves. It will dissolve quicker if the tea is still hot or warm.
2. Then stir in orange juice, pineapple juice and lemonade. Chill in the refrigerator for 4 hours.
3. Just before serving, pour the mixture into a punch bowl and gently stir in the ginger ale. If you can find organic ingredients that is best.