

Diet Tang Tea (Russian Tea)

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Ingredients

2/3 cup unsweetened instant tea
1 cup Sugar Free Tang
2 small packages Koolaid lemonade mix(unsweetened)
1 1/2 cups Splenda (measures like sugar)
2 Tablespoons Cinnamon
1 Tablespoon Cloves

Nutritional Info

- * Fat: 0.0g
- * Carbohydrates: 3.5g
- * Calories:6.5
- * Protein: 0.1g

Combine ingredients - Store in airtight container. put 1 Tablespoon in hot water & enjoy!!

Number of Servings: 64

Recipe submitted by SparkPeople user DEB_CAMPBELL.