

# Sugar-Free Friendship Tea Recipe

#149080

A nice spicy sugar-free instant tea mix. You can also use decaffeinated instant tea to make this a sugar-free AND decaffeinated drink.

by Melodie in Hastings ,NE

12 min | 10 min prep

SERVES 144 , 3 dry cups

1 cup instant tea powder

4 tablespoons tang sugar-free orange drink mix

2 tablespoons crystal light low-calorie lemonade drink mix

1/2-1 teaspoon ground cinnamon

1/4-1/2 teaspoon ground cloves

1. Mix all ingredients well in a large bowl.
2. Pour contents into a clean, dry glass jars.
3. Label with directions.
4. For one Serving, mix 1 teaspoon into 1 Cup of boiling water. Enjoy!

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**Recipe Notes & Rating:**  5 stars  4 stars  3 stars  2 stars  1 star

## Nutrition Facts

Serving Size 1 (og)

Recipe makes 144 servings

The following items or measurements are not included below:

4 tablespoons sugar-free orange drink mix

2 tablespoons low-calorie lemonade drink mix

### Calories 0

Calories from Fat 0 (0%)

Amount Per Serving	% DV
Total Fat 0.0g	0%
Saturated Fat 0.0g	0%
Monounsaturated Fat 0.0g	
Polyunsaturated Fat 0.0g	
Trans Fat 0.0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Potassium 14mg</b>	<b>0%</b>
<b>Total Carbohydrate 0.2g</b>	<b>0%</b>
Dietary Fiber 0.0g	0%
Sugars 0.0g	
<b>Protein 0.1g</b>	<b>0%</b>
Vitamin A 0mcg	0%
Vitamin B6 0.0mg	0%
Vitamin B12 0.0mcg	0%
Vitamin C 0mg	0%
Vitamin E 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%

detailed view...

how is this calculated?