

Red Zinger Punch

Prep: 5 minutes ~ **Yield:** 1 quart

Ingredients & Directions

- 2 cups boiling filtered water
 - 2 to 4 Celestial Seasonings Red Zinger tea bags, depending on desired strength
 - 2 cups cold filtered water
 - 1/4 teaspoon stevia extract powder **or** 8 to 12 drops stevia extract liquid, or to taste
1. Add tea bags to a 1-quart heat-proof measuring container with a spout or a heat-proof quart Mason jar. Add boiling water. Cover loosely with a lid, plate, or saucer. Steep for 10 minutes.
 2. Remove tea bags, squeeze, and discard (compost if possible). Add cold water and a small amount of stevia. Whisk, taste, and adjust with a tiny bit of additional stevia if needed. Pour tea into jars or empty juice bottles, cover and chill.
 3. Serve as is or over ice. Use within 2 weeks.

Nutrition

1 cup serving:

negligible calories, protein, carbohydrate, calcium

This delightful drink—great for parties, picnics, and hot summer days—looks like punch but contains no sugar or artificial sweeteners. Use a light hand with stevia, an herbal sweetener that's *100 to 300 times* sweeter than sugar, depending upon the brand and concentration.

Variations

- * For a zesty taste, add the juice of 1/2 to 1 lime.
- * **Raspberry Zinger Punch:** Use Raspberry Zinger tea bags.
- * **Lemon Zinger Punch:** Use Lemon Zinger tea bags.
- * **Blackberry Zinger Punch:** Use Blackberry Zinger tea bags.
- * **Iced Ruby Burst (Red Bush) Punch:** Look for African Red Bush Tea, also called Rooibos tea. It's rich in antioxidants, like green tea, but caffeine free. *Select South African Ruby Burst Tea* comes in 3 delicious fruity flavors.
- * Freeze fresh apple, pineapple, **or** orange juice in ice cube trays. Toss a few fruit flavored cubes into each glass of stevia-sweetened tea for a treat.
- * Omit stevia. Use 2 cups of cold water and 2 cups of apple or pineapple juice in the master recipe.

Note: Look for a brand of stevia that doesn't contain FOS, maltodextrin, or other vegetable starches.