

## Spiced Iced Tea

**Totals for one 8 ounce glass:**

Calories 0    Fat 0g    Fiber 0g    Carbs 0g

***What you'll need:***

5 Bags of your favorite flavored tea (I LOVE Red Zinger – but use your imagination)  
1 2 Liter bottle diet 7-UP or Sprite or any lemon-lime zero calorie soda

1 Pyrex measuring cup – at least a 2 cup size

1 Large pitcher

Orange slices – optional

***Let's get to cooking!***

1. Fill Pyrex cup with 1 ½ cups water, place in microwave and cook for 2 minutes or until water boils.
2. Place all tea bags in the water (and be careful – the water will bubble when the cool bags hit the hot water).
3. Cover and allow tea to steep for 30 minutes.
4. Press all liquid out of the tea bags so that you get every drop of tea.
5. Pour tea into your pitcher and fill with diet soda.
6. Serve over ice and if you have orange slices, slice the side of one and garnish the glass with it. You can use lemons, limes – really anything along these lines for a festive garnish.

***NOTE:*** This is a drink I regularly serve to guests and they never know it has ZERO calories – that is until they ask for the recipe and then they get excited at the possibilities of drinking a zero calorie drink that's this delicious.

My love of socializing inspired this **Kitty's Lighter Weigh** recipe.