

Thirst-Tea Quencher

2 cups brewed raspberry or lemon herbal tea
1 tablespoon frozen orange juice concentrate
Pinch salt

DIETARY EXCHANGES:

½ Fruit

NUTRIENTS PER SERVING:

Cal.: 33	Cal. from Fat: 0%
Total Fat: 0 g	Sat. Fat: 0 g
Carb.: 8 g	Protein: 0 g
Chol.: 0 mg	Sodium: 10 mg
Fiber: 0 g	

Mix all the above ingredients in a portable drink bottle and chill.

Source: Diabetic Cooking Magazine

