

# Peachy Tea

**Servings** 5

**Prep Time** 10 minutes

**Cook Time** 40 minutes



## Nutrition Information

Calories	45
Fat	0 g
Sodium	5 mg
Cholesterol	0 mg
Carbs	12 g
Fiber	0.5 g
Protein	0 g

## Health Benefit

[Low Sodium](#)

## Ingredients

1/4 cup [sugar](#)

1/2 cup [water](#)

1 [ripe peach, sliced thinly](#)

2 [black tea bags brewed in 4 cups water](#)

## Directions

1. In a small saucepan, boil sugar, peach, and 1/2 cup water. Reduce heat and crush peaches to infuse flavor. Cover, remove from heat, and let steep for 25 minutes.
2. Pour simple syrup over mesh strainer. Can add to tea or serve on the side to use to preference. Serve tea over ice.

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