

# Sweet Tea (the no sugar way)



**Plan Z Phase:** This is a Z2 (ZReduction) recipe.

The average recipe for sweet tea contains 8 cups of water and a cup of sugar. A single cup of sugar contains an astonishing 200 grams of carbohydrates! Most humans can't eat more than about 80 grams of carbs per day before they'd be setting themselves up for weight gain.

So, let's say you drink just ONE glass of sweet tea a day. That one glass is probably 12 ounces. That's about 37 grams of carbs in that one drink. And who has just one? Not many.

The good news is you can have your sweet tea and drink it, too. I've come up with a new recipe and had it rated and perfected at a party at my home last night.

**Servings:** Serves 6

## **Ingredients:**

- 10 cups of water. I try to use filtered water.
- 6 – 8 tea bags (The Luzianne's are double bagged so keep that in mind). The number of bags used depends on how bold you want your tea flavor.

- Liquid stevia to taste
- Lemon wedges, for serving (optional)

### **Instructions:**

Fill your pitcher with the water and drop in the tea bags. Gently push them down a bit so the whole surface gets wet but don't worry about the fact that they are floating on top. They will make their magic anyway. Be sure not to poke any holes in the bags or you'll end up with gritty tea.

Put the filled pitcher in the refrigerator and let it sit overnight (or approximately 8 hours).

After the 8 hours is up your tea will be fully "brewed." You can take out the tea bags and serve. Optionally you can leave the bags in but as time passes you're more likely to have a bag leak tea into your brew so I prefer to take them out and toss them.

Pour a glass and then sweeten with stevia drops. Serve with lemon wedges.

Enjoy!

Cheers,