

# Iced Tea

Featured Ingredient: **Tagatose**



## Iced Tea Formula

<i>Ingredients</i>	<i>%</i>
Cups of water	98.36
Family size tea bags	0.83
<b>Tagatose</b>	<b>0.79</b>
Reb A (from Stevia leaf)	0.02
Ice	
Lemon wedges as garnish	
<b>Total</b>	<b>100</b>

## Method

1. Bring 4 cups of water to a boil. Remove from heat and add tea bags. Steep for 5 minutes.
2. Remove tea bags and add Tagatose and Reb A. Stir until Tagatose and Reb A dissolves. Serve over ice and garnish with lemon wedges.

## Tip

If you don't have family-size tea bags available, substitute 4 regular tea bags for 1 family size tea bag.

## Tagatose Overview

Tagatose is a rare sugar which tastes and performs like sucrose. It is 90% as sweet as sucrose with 60% fewer calories. With a low glycemic index of 3, Tagatose is Ketogenic Certified and does not raise blood glucose levels when consumed on its own. In addition, it does not promote tooth decay and has been shown to have prebiotic effects.

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