

DRINKS

Cranberry Tea

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	5	\$0.78	192 kcal

Cranberry Tea requires approximately 45 minutes from start to finish. Watching your figure? This gluten free, dairy free, lacto ovo vegetarian, and fodmap friendly recipe has 192 calories, 0g of protein, and 0g of fat per serving. For 78 cents per serving, you get a beverage that serves 5.

Ingredients

- ☐ 2 sticks (3-inch) cinnamon
- ☐ 12 ounce frozen cranberry juice concentrate, undiluted
canned
- ☐ 1/3 cup sugar
- ☐ 4 regular-size tea bags
- ☐ 1 quart water

EQUIPMENT Sauce pan

Method

- 1 Bring first 4 ingredients to a boil in a large saucepan.
- 2 Pour over tea bags; cover and steep 3 minutes.
- 3 Remove tea bags, squeezing gently. Stir in cranberry juice concentrate; chill.
- 4 Serve over ice.

Nutrition per serving

192	0 g	0 g	49 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0 g · 0% of daily needs
Fibre			0.9 g · 4% of daily needs
Sugar			42.3 g · 47% of daily needs
Sodium			12.5 mg · 1% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			31.2 mg · 38% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cranberry-tea-148411