

# Southern Sweet Tea

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-southern-masa-cornbread-recipe>

## Ingredients:

- 3 quarts water
- 4 tea bags cold brew large
- 3/4 cup sugar
- 2 lemons sliced
- 1 sprig fresh mint

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 44 grams
3. Fiber: 3 grams
4. Protein: 1 grams
5. Sodium: 35 milligrams
6. Sugar: 38 grams

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