



LOW-CALORIE ICED TEA PUNCH is a boon to diet-minded guests. Chilled fresh fruit, cut to bite size and served with fresh berries is most delightful. Add side dishes of honey and shredded coconut for those who have a sweet tooth and don't have to watch the weight scale. —Photo courtesy Tea Council of USA

Diet-Minded Guests Like Iced Tea Punch

There's nothing more discouraging than to spend hours preparing refreshments for company, only to find that practically all of them are on a diet or counting calories.

One sure way to beat the problem and the heat as well, is to serve a low-calorie iced tea punch with fresh fruit. Fix a big platter full of fresh fruit cut into bite size pieces, such as oranges, fresh pineapple and peaches, plus fresh berries. Those who are not diet-minded will enjoy the chilled fresh fruit dipped in honey, then shredded coconut.

four cups of cold, fresh water to a full rolling boil. Add 5 tablespoons loose tea. Brew, uncovered, five minutes. Stir and strain. Add either liquid or tablet non-caloric sweetener to taste. Pour into a gallon jar. Add one cup lemon juice, two cups orange juice, two quarts ice water, one lemon thinly sliced, one orange thinly sliced, one cup sliced strawberries and a few crushed mint leaves. When ready to serve, pour over ice cubes or circles in punch bowl. It's a good idea to remember that iced tea leads in low caloric beverages when you choose a summer beverage for your family.

Unsweetened or sweetened with a non-caloric sweetener, iced tea contains only four calories per six-ounce serving. What's more, iced tea is a real thirst-quencher. It is also the most economical beverage you can serve.

ICED TEA FOR DINNER
To make two quarts of iced tea

or about 10 service, pre-measure 5 tablespoons loose tea or 10 tea bags. Bring 2 quarts of fresh cold water to a full rolling boil. Remove from heat. Immediately add tea. Brew, uncovered, five minutes. (Over-brewed tea is apt to have a bitter taste.) Stir and strain into pitcher. Serve in ice-filled glasses with lemon and either simple sugar syrup or non-caloric count low.

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A Way With Honey

Have you tried lemonade sweetened with honey? The beverage is smooth and most delectable. For a little change, try serving it hot.

A little lemon juice sweetened with a spoonful of honey and mixed well in a glass of cold or hot water is an excellent way to wake up in the morning.

For Honey Hard Sauce, cream one-third cup butter and beat in gradually 1/2 cup honey. Add one teaspoon lemon juice. Chill.

HONEY LIME DRESSING
This is a frothy dressing, particularly good to use when you want to create the impression that you are a cook who knows her way around the kitchen. Fruit salads welcome this dressing.

3 tablespoons of lime or lemon juice
1/2 cup honey
2 eggs
1/2 cup whipping cream

Add fruit juice to honey, then stir in the two well-beaten eggs. Mix together thoroughly. Cook over hot water until thickened, stirring constantly. Cool. Fold in 1/2 cup cream, whipped.

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