

## **Peaches 'n Cream Tea**

Sometimes a good cup of tea is the best late night snack. This is one of my personal favorites for a bedtime snack. If serving more than one, multiply recipes accordingly and prepare in a tea pot. Serve the tea in your favorite mug or your best china teacup for a real pampering treat.

I prefer Celestial Seasonings Teas - especially in these recipes. They are caffeine free, and in my opinion have the best flavor. You may use your favorite brand of herbal tea. Any flavor will work, blueberry, raspberry, cherry – pick your favorite and relax with a cup of tea.

<ul style="list-style-type: none"><li>• 1 cup boiling water</li><li>• 1 Celestial Seasonings Country Peach Passion tea bag, or your favorite</li><li>• 2 rounded teaspoons powdered fat free French Vanilla creamer</li><li>• Sugar or honey to taste if desired</li></ul>	<ul style="list-style-type: none"><li>• Per cup of tea:</li><li>• Calories: 54</li><li>• Total Fat: 0g</li><li>• Saturated Fat: 0g</li><li>• Percentage of Calories from Fat: 0%</li><li>• Cholesterol: 0mg</li><li>• Sodium: 10mg</li><li>• Carbohydrates: 12g</li><li>• Protein: 0g</li></ul>
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Place tea bag into your favorite cup, mug or pot. Add boiling water. Steep the tea four to six minutes. Add remaining ingredients. Stir. Serve piping hot. Garnish with a dollop of fat free whipped cream if desired. Makes 1 serving.