

## Tea Sangria "Wave in Santa Cruz"



*Dive into the refreshing flavors of our "Vague à Santa Cruz" Tea Sangria recipe. Sip on this delightful blend of tea, fruit, and spirits, perfectly balanced for a summer indulgence. Easy to make and sure to impress your guests!*

Preparation 15 min

Cooking 0 min

Waiting 30 min

Servings 10

Nutrition Facts (per serving)

Calories 60

Fat 0

Carbohydrates 12

Fibre 0

Protein 1

Sodium 10

### **Ingredients**

- 15 ml (1 tbsp or 7.5 g) of "[Wave at Santa Cruz](#)" Camellia Sinensis tea
- 325 ml (1 ½ cups) water
- 500 ml (2 cups) sparkling water
- 325 ml (1 ½ cups) white cranberry juice

- 250 ml (1 cup) honeydew melon, cubed
- 250 ml (1 cup) cantaloupe, cubed
- 750 ml ( $\frac{3}{4}$  cup) white wine
- 125 ml ( $\frac{1}{2}$  cup) peach schnapps
- 125 ml ( $\frac{1}{2}$  cup) frozen cranberries (or other frozen berries)
- 1 lemon, sliced into rounds
- 1 lime, sliced into rounds
- A few sprigs of fresh rosemary

## Preparation

1. Brew tea in boiling water for 5 minutes. Let cool in the refrigerator for 30 minutes.
2. In a large bowl or pitcher, mix all other ingredients together.
3. Serve over ice and garnish with a few sprigs of fresh rosemary. You will obtain 2.5L of tea sangria.

## Notes



Jennifer Lamarche – Nutritionniste Diététiste à Sainte-Catherine  
Registered Dietitian Nutritionist in Montreal North-Shore