NEWS RELEASE

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Classic cold drinks for hot summer days

By Kay Blakley,
DeCA home economist

FORT LEE, Va. – Cold drinks are always in order on a hot summer day, and there's hardly a better choice than a tall glass of iced tea. Tea is loaded with antioxidants which are believed to help lower the risks of heart disease, stroke and possibly certain cancers. It has no fat, no calories, no sodium, or sugar, unless you add some, but has plenty of thirst-quenching taste.

Freshly brewed tea is about the most economical drink you can serve, too. Would you believe two to six cents per serving? It's true – I just checked the price of tea bags at my commissary today! If you think you can't brew a good glass of tea, come to Kay's Kitchen at https://www.commissaries.com, click on "Cooking with Kay," then select "Tea Basics." Follow these tips and you'll be a brew master in no time.

When it comes to calories, the most economical way to drink iced tea is plain, of course. But, if plain just won't cut it, adding a teaspoon or two of sugar will cost you less than 35 calories. For special occasions, stir a scoop or two of frozen lemonade, limeade or orange juice concentrate into a pitcher of tea to taste. Guests will beg for your recipe, and be astounded at how simple it is.

If none of this is "your cup of tea" so to speak, maybe you're the lemonade or limeade type. Once again, making it yourself not only saves plenty of money, but the taste of your homemade brew is far superior to any powdered mix, frozen concentrate or bottled 'ade available.

For the juiciest of the bunch, choose thin skinned lemons, limes and oranges that feel heavy for their size. Roll them on the countertop with the palm of your hand to soften so they'll release plenty of juice once you cut them open. Follow this easy recipe for the best lemonade, limeade or orangeade you've ever tasted. It's so easy you can even skip the squeezing!

Old Fashioned Lemonade, Limeade or Orangeade Makes 5 (1-cup) servings

4 lemons

¾ cup sugar

1 quart (4 cups) water

1. Rinse lemons under cold running water and pat dry with paper towels.
2. Cut lemons into thin slices and place into pitcher. Sprinkle with sugar and stir to coat slices well.
3. Let stand about 10 minutes, until lemons begin to release juice.
4. Press lemons with a potato masher or back of a spoon to extract as much juice as possible. Add water, and stir and press lemons until mixture is well flavored.
5. Serve over ice cubes. Garnish with lemon slice or sprig of fresh mint, if desired.

Note: For *limeade,* use 2 limes and 2 lemons. Prepare as directed, increasing sugar to 1 cup. For *orangeade,* use 2 oranges and 3 lemons. Prepare as directed, decreasing sugar to 1/2 cup.

- DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about $3,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*