**Low to No Calorie (Sugar Free) Diet Sweet Tea**
*©From the Kitchen of [Deep South Dish](#)*

8 cups ice cold water
8 cups boiling water
4 family sized tea bags, Luzianne preferred
1-1/2 cups no calorie granular sweetener (like Splenda), or to taste

Fill a one-gallon pitcher with 8 cups cold water; set aside.

Boil the remaining 8 cups water, add tea bags and steep for 6 minutes. Lightly squeeze the tea bags, remove and compost or discard.

Whisk in the sweetener until fully dissolved. See notes below for alternative sweetener suggestions.

Carefully add the tea concentrate to the cold water, stir and set aside to cool to room temperature.

Refrigerate until the tea is fully chilled and flavor develops, before serving.

Sweet Tea: Substitute granulated sugar for the sugar substitute.

A conversion to individual tea bags should be about 3 per family bag. Start there and adjust on the next batch. I sometimes do a half and half tea of regular and decaf, and I also sometimes exchange out some of the regular tea for green tea. Luzianne has all of these teas!

Substitute your own favorite sugar replacement, however, you'll have to make adjustments to taste for those, because they aren't always cup for cup replacements for granulated sugar. I have noticed a varied level of sweetness especially among generic brands of Sucralose. Again, start with this measurement on your first batch and then adjust to taste on the next. I often use Truvia or Domino Light which is a granulated sugar and Stevia blend or use agave, monk fruit, plain stevia, erythritol, coconut sugar, raw honey or whatever your favorite sugar substitute is, making adjustments as needed.