

Frozen Lemonade



Servings: 4

2 lemons, zested and juiced

1/3 cup sugar

3 cups ice

1 1/2 cups cold water

To a blender add lemon zest and juice, sugar, ice, and cold water.

Pulse until blended to your desired consistency.

Pour into glasses.

Serve

Per Serving (excluding unknown items): 72 Calories; trace Fat (1.0% calories from fat); trace Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 20mg Sodium; 17g Total Sugars; 0mcg Vitamin D; 26mg Calcium; trace Iron; 45mg Potassium; 5mg Phosphorus. Exchanges: .