

Strawberry Lemonade



Servings: 8

4 ½ cups strawberries

4 lemons

1/4 cup sugar

6 ¼ cups water

Place strawberries and 1 cup of water into a blender or food processor. Blend until smooth.

Juice the lemons. You should get 1 cup of lemon juice. Set aside.

In a pitcher dissolve sugar in 1/4 cup of water.

Add strawberry puree, lemon juice, and 4-5 cups of cold water. Stir well.

Place in the refrigerator until chilled.

Serve

Per Serving (excluding unknown items): 55 Calories; trace Fat (4.8% calories from fat); 1g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.