



Fruit Fusion Lemonade

Servings 5 | Prep time 5 mins | Total time 2-3 hours

Equipment: Pitcher, Cups or drinking glasses

Utensils: Measuring cups and spoons

Ingredients

1/3 cup lemon juice (about 2 medium lemons)

Additional Fruit Flavor (pick one):

- 1 cup fresh watermelon
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 cup frozen peaches
- 1 cup frozen mango

1 1/2 teaspoons sugar

5 cups cold water

2 1/2 cups ice

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruit.
2. In a large pitcher, add lemon juice, additional fruit, sugar, and water. Mix until the sugar dissolves.
3. Refrigerate the lemonade for several hours before serving to chill and allow the lemon juice and additional fruit to infuse the water.
4. When ready to serve, put the ice into glasses. Pour one cup lemonade into each glass.

Nutritional Information:

Calories 25

Total Fat 0g

Sodium 10mg

Total Carbs 6g

Protein 0g