

Mint Julep Mocktail

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9 lemons
1/2 cup sugar
1/2 cup water
2 packages (0.75 ounce)
fresh mint
2 cups ginger ale
2 cups club soda
crushed ice
fresh mint (for garnish)
(optional)

Squeeze eight lemons for the juice (one cup).
Slice the remaining lemon into thin wheels.

In a medium saucepan, combine the lemon juice, sugar and water. Bring to a boil over medium high. Remove from the heat. Chill.

In a tall pitcher, muddle the mint and lemon slices. Pour the ginger ale, club soda and chilled lemon simple syrup into the pitcher. Stir well.

Fill the glasses with crushed ice. Pour in the Julep mix. Garnish with mint leaves, if desired.

Per Serving (excluding unknown items): 662 Calories; 2g Fat (1.7% calories from fat); 7g Protein; 199g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 157mg Sodium. Exchanges: 0 Vegetable; 3 Fruit; 9 1/2 Other Carbohydrates.