

Beverages

Brazilian Limeade

Splenda.tastebook.com

Servings: 4

Start to Finish Time: 10 minutes

2 limes

1/4 cup Splenda No Calorie Sweetener, granulated

3 tablespoons sweetened condensed milk

3 cups water

2 cups ice

Wash the limes thoroughly. Cut off the ends and slice into eight wedges.

Place the limes in a blender with the Splenda, condensed milk, water and ice.

Blend, pulsing five times.

Strain through a fine mesh strainer to remove the rinds.

Serve over ice.

Per Serving (excluding unknown items): 56 Calories; 1g Fat (18.9% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 28mg Sodium. Exchanges: 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.