

Fresh Raspberry Lemonade

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Servings: 8

Preparation Time: 26 minutes

Start to Finish Time: 26 minutes

3/4 cup sugar

2 cups water, divided

2 cups fresh raspberries

1/2 cup (about 1 orange) fresh orange juice

1 3/4 cups fresh lemon juice, about 13 medium lemons

16 ounces sparkling water, chilled

Combine the sugar and 3/4 cup of water in a small saucepan. Bring to a boil.

Cook for 2 minutes, stirring until the sugar dissolves. Cool to room temperature.

Combine the remaining 1 1/4 cups of water and the raspberries in a blender. Pulse 10 times or until well blended. Strain the mixture through a fine sieve into a large pitcher. Discard the solids.

Add the orange juice, lemon juice, sparkling water and cooled syrup to the pitcher. Stir to combine.

Serve immediately over ice.

Yield: 8 one cup servings

Per Serving (excluding unknown items): 108 Calories; trace Fat (1.5% calories from fat); 1g Protein; 29g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Other Carbohydrates.