

Beverages

Fruit Lemonade

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Servings: 4

Start to Finish Time: 10 minutes

1 can (12 ounce) lemonade concentrate, thawed

1 can (12 oz) water

1 cup strawberries

1/2 cup chilled seltzer

orange slices (for garnish)

In a pitcher, combine the lemonade concentrate and water.

Stir in the berries and mash with a spoon to break up.

Add the seltzer.

Pour into glasses and garnish with an orange slice.

Per Serving (excluding unknown items): 11 Calories; trace Fat (9.0% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Fruit.