

Beverage

Old Fashioned Lemonade

Dash Magazine - July 2011

Servings: 12

4 cups (24 lemons) fresh lemon juice, strained

8 cups water

1 cup sugar

ice

3 lemons (for garnish), thinly sliced

Pour the strained lemon juice into a large container.

Add the water and sugar. Stir until the sugar dissolves.

Pack in an insulated drink cooler or thermos.

Serve the lemonade in glasses over ice.

Garnish with a lemon slice.

Yield: 3 quarts

Per Serving (excluding unknown items): 85 Calories; 0g Fat (0.0% calories from fat); trace Protein; 24g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.