Raspberry-Rum Lemonade

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Servings: 4

zest of four lemons (in wide strips)
2 cups fresh lemon juice
3 cups raspberries
1/2 cup sugar
1 1/2 cups dark rum
2 cups sparkling white wine
lemon slices (for garnish)

In a pitcher using a wooden spoon, muddle the lemon zest, two cups of the raspberries and the sugar.

Add the lemon juice, rum, remaining one cup of raspberries and some lemon slices to the pitcher.

Stir in the sparkling wine.

Fill glasses with ice. Pour in the lemonade.

Garnish with more lemon slices.

Beverages

Per Serving (excluding unknown items): 366 Calories; trace Fat (2.3% calories from fat); 1g Protein; 46g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 1/2 Fruit; 1 1/2 Other Carbohydrates.