

Strawberry Lemonade



Ingredients

4 cups filtered water

1/2 cup fresh lemon juice (about 2 large lemons)

1 cup strawberries, fresh or frozen

1/2 cup stevia/Splenda/monk fruit sugar (12 packets)
or 1-2 tbsp liquid Stevia

Ice

Prep Time: 10 minutes

Directions

1. Combine all ingredients in a blender until smooth. Adjust sweetener if necessary.
2. Transfer to quart container and refrigerate.
3. Gently shake before using. Serve over ice.

Nutritional Information

Calories	15
Total Fat.....	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Total Carbohydrate.....	3 g
Dietary Fiber	0.8 g
Sugar	1.7 g
Protein	0 g
Sodium	0 mg
Potassium	64 mg
Serving Size	1 cup
Recipes yields.....	6 servings