

Frozen Strawberry Lemonade

Ingredients:

- 5.3 oz fresh strawberries, hulled
- 2 tablespoons granulated sugar
- 2 tablespoons lemon juice
- 1 1/2 cup ice
- 1/4 cup water

Directions

1. Place all ingredients in blender.
2. Blend until desired consistency is reached. Taste for flavor; adjust to preference.
3. Divide frozen strawberry lemonade between two glasses and garnish with a strawberry and/or lemon wedge. Serve and enjoy.

Nutrition Facts

2 servings per container
Serving size (129g)

Amount per serving
Calories **60**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 9g Added Sugars	18%

Protein 1g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 131mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

