



Berry Lemonade

INGREDIENTS:

- 6 cups cold water
- 1 cup fresh or frozen blueberries or strawberry halves
- 1 package lemonade low-calorie drink mix

DIRECTIONS:

1. Place 2 cups of the water, berries and drink mix in a blender and cover.
2. Blend on high speed until smooth.
3. Pour into a large plastic or glass pitcher.
4. Stir in remaining 4 cups of water.

Nutrition Facts	Amount/serving	% Daily Value	*Amount/serving	% Daily Value *
	1 serving per recipe	Total Fat 0g	1%	Total Carb 24g
Serving size entire recipe (1690g)	Sat. Fat 0g	0%	Fiber 4g	15%
Calories per serving 90	Trans fats 0g		Sugars 15g	
	Cholesterol 0mg	0%	Includes 0g added sugars	0%
	Sodium 65mg	4%	Protein less than 1g	
	Vitamin D 0mcg 0% · Calcium 110mg 8% · Iron 0mg 4% · Potassium 150mg 4% Thiamin 4% · Riboflavin 10% · Niacin 10%			

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.