

Lemonade

Makes: 1 serving

Ingredients

1 lemon

3/4 cup water

2 tablespoons sugar

Directions

1. Cut lemon in half crosswise.
2. Place lemon half on juicer. Push and twist to squeeze out the juice.
3. Pour juice into glass. Add about 3/4 cup water.
4. Add sugar, stirring to mix ingredients.

Create-a-Flavor Changes

- Squeeze one-half each lemon and lime.
- Squeeze one-half each lemon and orange.
- Add 1/4 cup apple juice concentrate and leave out the sugar.
- Use 1/4 cup seltzer water and 1/2 cup water.

Source: Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - A Pyramid of Snacks

Nutrition Information

Nutrients	Amount
Calories	60
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	18 g
Dietary Fiber	1 g
Total Sugars	14 g
Added Sugars included	N/A
Protein	0 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available