

Jamaican Lemonade

Ingredients:

3 limes
1 lemon
3 cups hot water
2 Tbs brown sugar
5 cups cold water



Nutrition Facts

6 servings per container
Serving size 12 fl oz

Amount per serving
Calories 25

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*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.



*GLUTEN-FREE



*SOY FREE



*VEGAN

Directions:

1. Peel the limes and lemon, discard peel and place fruit into a blender.
2. Pour 3 cups of hot water into the blender with the brown sugar and blend to a smooth consistency.
3. Strain into a pitcher through a fine mesh cheesecloth.
4. Add 5 cups cold water and allow to completely cool before serving.