Lemonade



Recipe credit

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

About this recipe

Serves
1
Serving size
1 glass lemonade approx. 1 cup (248g)

Ingredients

- 1 lemon
- 3/4 cup water
- 1 tablespoon 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.

Tips and variations

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.

Nutritional info

Calories
108
Total fat
0 g
Saturated fat
0g
Cholesterol
0 mg
Sodium
8 mg
Total carbohydrates
28 g

Dietary fiber
0 g
Protein
0 g
Total sugar
26 g

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