

Lemonade

A fresh, single serving of lemonade that is perfect for a hot summer day. Only one lemon is needed for this recipe. Enjoy!

Makes: 1 Serving

Prep Time: 5 minutes

Source: choosemyplate.gov/lemonade

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.

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.

Utensils Needed

- Knife
- Cutting Board
- Spoon
- Glass
- Measuring Utensils



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	108
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	8 mg
Total Carbohydrates:	28 g
Dietary Fiber:	0 g
Total Sugars:	26 g
Added Sugars:	24 g
Protein	0 g

SHOPPING LIST

Average total cost without oil and seasonings: \$2.34

Average cost/serving: \$2.34

Makes: 1 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Lemon



Add 1 to Cart
Sugar

My Cooking Notes

SAVE TIME, SAVE MONEY

- You can make a larger batch and keep it for up to 3 days in a pitcher or bottle in the fridge for a refreshing treat any time!