

Beverages

Blackberry Twist Lemonade

Splenda.tastebook.com

Servings: 7

Start to Finish Time: 15 minutes

2 cups fresh blackberries or unsweetened frozen blackberries, thawed

1 cup fresh lemon juice

1 cup Splenda No Calorie Sweetener, granulated

4 cups cold water

In a blender, combine the blackberries, lemon juice and Splenda.

Process until smooth, stopping to scrape down the sides.

Press the mixture through a sieve into a pitcher. Discard the solids.

Stir in the water.

Serve over ice.

Per Serving (excluding unknown items): 9 Calories; 0g Fat (0.0% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Fruit.