

Beverages

Fizzy Peach Lemonade

Splenda.tastebook.com

Servings: 10

About 15 lemons will yield 1 1/2 cups of lemon juice.

To assemble ten servings, you will need forty peach slices.

1 1/2 cups fresh lemon juice
1 cup Splenda No Calorie Sweetener, granulated
1 cup water
3 peaches, thinly sliced
1 bunch mint leaves
10 cups seltzer water

In a medium-sized saucepan, heat the lemon juice, Splenda, water and peaches.

Simmer for 4 to 5 minutes. Turn off the heat and allow to cool for 30 minutes.

Drain the juice into a container. Set aside. Reserve the peaches.

Muddle 5 to 6 mint leaves and one slice of peach in the bottom of a glass.

Fill the glass with ice.

Add three peach slices and 1/4 cup of lemonade.

Top each glass with 3/4 cup of seltzer. Stir and enjoy!

Per Serving (excluding unknown items): 22 Calories; trace Fat (0.8% calories from fat); trace Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit.