Lavender Peach Lemonade

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Yield: 2 quarts

2 cups lemon juice
1 1/3 cups peach nectar, chilled
1 1/3 cups Chamomile Lavender Simple Lemonade Syrup (recipe elsewhere under this category)
1 cup white grape juice, chilled
cantaloupe and/or honeydew melon balls (optional) (for garnish)
lemon slices (optional) (for garnish)

In a pitcher, combine the lemon juice, peach nectar, simple syrup and white grape juice.

Transfer the mixture to a serving pitcher.

Pour into ice-filled serving glasses.

Garnish with melon balls and lemon slices, if desired.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 471 Calories; trace Fat (0.1% calories from fat); 3g Protein; 130g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 48mg Sodium. Exchanges: 8 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	471	**Vitamin B6 (mg):**	.3mg
% Calories from Fat:	0.1%	**Vitamin B12 (mcg):**	0mcg
% Calories from Carbohydrates:	97.9%	**Thiamin B1 (mg):**	.1mg
% Calories from Protein:	2.1%	**Riboflavin B2 (mg):**	.1mg
Total Fat (g):	trace	**Folacin (mcg):**	68mcg
Saturated Fat (g):	0g	**Niacin (mg):**	1mg
Monounsaturated Fat (g):	trace	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	trace	**Alcohol (kcal):**	0
Cholesterol (mg):	0mg	**% Refuse:**	0.0%
Carbohydrate (g):	130g		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Dietary Fiber (g):	2g
Protein (g):	3g
Sodium (mg):	48mg

Potassium (mg):	738mg	**Fruit:**	8 1/2
Calcium (mg):	51mg	**Non-Fat Milk:**	0
Iron (mg):	1mg	**Fat:**	0
Zinc (mg):	trace	**Other Carbohydrates:**	0
Vitamin C (mg):	241mg		
Vitamin A (i.u.):	952IU		
Vitamin A (r.e.):	96RE		

Nutrition Facts

Amount Per Serving

Calories   471   Calories from Fat: 0

	% Daily Values*
Total Fat trace	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 48mg	2%
Total Carbohydrates 130g	43%
Dietary Fiber 2g	8%
Protein 3g	

Vitamin A	19%
Vitamin C	402%
Calcium	5%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.