

Beverages

Strawberry Lemonade Coolers

Target Brands, Inc.

Start to Finish Time: 5 minutes

4 cups water

1 cup sugar

1 cup fresh lemon juice, from 5 to 8 lemons

2 cups fresh strawberries, sliced

In a blender, combine the lemon juice and sugar.

Blend for about 30 seconds.

Add the strawberries and puree' or pulse.

Blend to your desired level of chunkiness.

Pour the mixture into a pitcher and add four cups of cold water.

Mix well and serve chilled.

Yield: 8 cups

Per Serving (excluding unknown items): 924 Calories; 1g Fat (0.9% calories from fat); 3g Protein; 242g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 36mg Sodium. Exchanges: 3 Fruit; 13 1/2 Other Carbohydrates.