

Beverage

Strawberry Lemonade

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Servings: 10

3 1/2 cups water

1 3/4 cups sugar

strips of zest of two lemons

1 pint strawberries, hulled

1 1/2 cups (6 to 9 lemons) fresh lemon juice

ice cubes (for serving)

10 whole strawberries (for garnish)

In a saucepan, put 1 1/2 cups of the water and 1 1/2 cups of the sugar in a saucepan with the strips of zest.

Bring to a boil. Simmer for 2 minutes.

Remove from the heat and let the syrup steep for 10 minutes.

Place the strawberries and the remaining sugar in a blender or food processor. Puree until smooth.

Strain into a large pitcher.

Stir in the syrup (without the zest), lemon juice and water to taste (up to two more cups).

Chill well.

Stir before serving.

Pour over lots of ice and finish with a berry on the rim.

Per Serving (excluding unknown items): 153 Calories; trace Fat (0.5% calories from fat); trace Protein; 40g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fruit; 2 1/2 Other Carbohydrates.