

Strawberry Pineapple Lemonade

Makes 4 servings.
1½ cups per serving.

Ingredients

- 4 cups 100% pineapple juice
- 2 cups fresh or frozen strawberries
- ¼ cup lemon juice
- ½ cup water
- Ice



Prep time:
5 minutes

Preparation

1. Put all ingredients except ice in a blender container and blend until mixture is smooth.
2. Pour into glasses over ice cubes and serve.



Nutrition information per serving:

Calories 160, Carbohydrate 40 g,
Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 10 mg,
Added Sugars 0 g