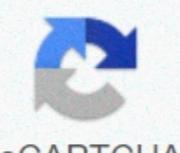


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Lemonade recipe 1 cup sugar

Low-calorie lemonade sweetened with natural, 0-calorie sweetener (Truvia). Refreshing on a hot summer's day and won't add sugar to your diet. 2 lemonCutting boardWaterLemon squeezerTruvia (2 packets)KnifeSpoonMeasuring cupIceGlassLemon slices for garnish (optional)Put both lemons on a cutting board and cut in half using a knife. Put the lemon in a lemon strain and squeeze the juice directly into the glass. Repeat this step with all 4 halves of the lemon. Measure 1 cup of water and pour into a glass with lemon juice. Add 2 packets of Truvia to the lemon and water mixture. Stir until Truvia melts (about 30 seconds). Add the desired amount of ice to a glass of lemonade. If you have enough lemon, cut the slice and place on the edge of the glass as a garnish. Or put a glass for the extra lemon flavor. Discard the lemon peels and Truvia packets and wipe off any mess that is made. Enjoy the refreshing lemonade you just made! 13.04.2011. Excellent tasting. I take one thing back. Make sugar syrup, also known as simple syrup. Dissolving sugar in hot water effectively sprays the sugar in the lemonade, instead of the sugar sinking to the bottom. Make a simple syrup by heating the sugar and water in a small saucepan until the sugar is completely dissolved. Use the same amount of water as per sugar. Then add the juice to the jug, then the sugar water. Then add the rest of the water required. On July 30, 2012, I used Truvia instead of sugar. I haven't made any other changes. GREAT recipe to make with younger chefs - my son enjoyed juicy every lemon. KEEP IN MIND: For those looking for an easier way to juice lemons, grandma taught me to roll them out on the counter while gently pushing my palm down to keep the juices flowing. 12/07/2003 I added 2/3 c sugar which was the perfect amount of sweetness for me. 25.05.2006. I used half a lemon half a lime that tasted great. Then because my kids were looking for pink lemonade I threw in four frozen strawberries and rolled it up in a blender - even better. 12/07/2003 Mmmmm! A little more sour than The Best Lemonade ever (which was pretty sweet), but I thought it was perfect as it is. 12/07/2003 This wonderful recipe that is simple and best of its fairly healthy I use artificial sweetener because you can convert it using the instructions on the sweets box. 04/02/2006 Could it be easier than this? I wanted to try making my own lemonade and this recipe was great. Freshly squeezed lemons make the best lemonade tasting. However, the recipe here only requires 1 quarter, and this is only 1/2 of my jug, so I still used 4 lemons, but 1 cup of sugar and 2 liters of water. It was still great. 04/20/2006 all lemons are different sizes it would help if you could say that the osmaga in cups anyway brown sugar works better than white, but you may have to experiment on measurements 07/31/2005 This lemonade is awesome! 08/15/2011 This was ok nothing wow about it. On it is a very simple recipe a little time and effort required, but id prefer to put a little more work in for a better tasting drink during the summer. This coconut and lime drink was perfect for me Maggie Kitchen Kitty Emma Nicholas Kaplan PeppyChristian julia wannabe chefette CookinginFL Cindi M Bauer Gianna Baldon Croton Cher Rejoicealway? Inger camark ~Lissa~ Julian R Dunn Tori lutzfcat Home Holidays & Events Events & Gatherings Baby Shower Keith is always happy that I come with a jug of this beverage that is queasy and a snack for a break when busy around the farm - Denise Nebel, Wayland, Iowa3 cups of cold water1 a block of fresh strawberries3/4 cups of sugar3/4 cup lemon juice2 cups of cold club sodaLemon slices, of choiceMosted half of water, strawberries and sugar blender; cover and stir until smooth. Switch to a large jug. Repeat with the remaining water, strawberries and sugar. Stir in the lemon juice, then add the soda. Serve immediately, garnished with lemon if desired. 1 cup: 100 calories, 0 fat (0 saturated fat), 0 cholesterol, 14mg sodium, 26g carbohydrates (22g sugar, 2g fibre), 1g protein. April 21st, 2014. I made this for my husband tonight with our Easter dinner and it was amazing!! Super refreshing and perfect for these warm days!! 05/18/2014 Tasted like watered lemon juice in a bottle that happened to have sliced strawberries in it. On May 28, 2015, I liked it very much but my girlfriend thought it was adorable, but when life gives you strawberry lemonade, ... add vodka :) April 22nd, 2014. Yes, it was very refreshing. The sugar can be adjusted because my husband thought he needed a little more even though I only used 6 cups of water. It will also turn bright pink as it sits. 04/04/2016 I had a massive craving for lemonade this week and stumbled across this recipe. It's very tasty. In my opinion it just needs a little more strawberry! Next time I make it I plan to add blueberries and raspberries to get the mixed taste of berries! May 25th, 2015. The key is to let the strawberries release their natural juices in sugar for at least 10 minutes. 06/02/2017 The flavours in this recipe could have been stronger. I barely tasted the taste of strawberry or lemon despite using ripe berries from the market and freshly squeezed lemons. I want to try it again with more lemon and strawberry juice. 03/29/2016 It's easy to make. 07/09/2016 My wife and I just made it. Very good! Definitely make it again. 1 of the 6 best strawberry lemonades ever MattOlay V-H 2 of the 6 best strawberry lemonades ever MarleysMommy 3 of the 6 best strawberry lemonades ever Marilyn Hansen 4 of the 6 best strawberry lemonades ever KSCrumpm2013 6 of the 6 best strawberry lemonades ever Lana Kerner Home Gear Appliances When my husband and I moved from Oklahoma to the Rio Grande Valley in Texas years ago, I gained an appreciation for a variety of fresh vegetables. This delicious recipe is an easy way to spruce up one — Billie Moss, El Sobrante, California 3 tbsp butter2 tbsp brown sugar2 pounds fresh asparagus, cut into 2-inch pieces (about 4 cups)1 cup chicken broth In a large frying pan at medium-high level, heat the butter and brown sugar until the sugar dissolves. Add asparagus; simmer for 2 minutes. Stir in the chicken broth; lead to a boil. Reduce heat; cover and simmer for 8-10 minutes or until the asparagus is crispy. Remove the asparagus to a serving dish and keep warm. Cook the sauce, uncovered, until reduced by half. Pour over the asparagus. 1 cup: 88 calories, 6g fat (4g saturated fat), 15mg cholesterol, 223mg sodium, 8g carbohydrates (6g sugar, 1g fibre), 2g protein. Hi friends, Today we show you how to make a healthy lemonade without sugar! This delicious lemonade is perfect for a hot summer's day and can be enjoyed in a cake or lightly naturally sweetened with dates. All you need for this recipe is your fruit of choice, water and by choice, dates! We truly believe that these refreshing drinks will get sweeter for you! They're perfect for a summer picnic! As always, if you recreate any of this, tag us on Twitter @TheVegetersXOXOSarah and

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