

STRAWBERRY LEMONADE

Serves 1.

By Dennis W. Viau; my own recipe.

This is a very simple beverage, made with only a few ingredients. Although I am using the new Vitamix Aer Disc Container, you could use a conventional blender. See below.

Ingredients:

1½ cups (350ml) cold water
4 large (80g) fresh or thawed strawberries, quartered
2 slices of fresh lemon, with rind*
2 packets of stevia or other sweetener
3 ice cubes

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix Aer Disc Container. Start blending at low speed and slowly increase the speed to medium high. Blend about 30 to 40 seconds. Pour into a large glass or mug and add extra ice cubes to keep the drink cold.

If using a conventional blender that might be damaged by ice, add the ice cubes to the beverage when poured in a glass.

Those needing numbers for calories, carbohydrates, fiber, etc. can find that information on product Nutritional Facts labels and on the CalorieKing.com web site.

*Substitute about a quarter cup (60ml) lemon juice when using a conventional blender jar with blades. Use more juice if you prefer a stronger lemon flavor.

