



Visiting Nurse Association  
of Northern New Jersey

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## Strawberry Lemonade

*Yield: 6 servings . Recipe from [thepioneerwoman.com](http://thepioneerwoman.com).*

### Ingredients

1 pound strawberries, plus more to garnish  
1 1/2 cups granulated sugar  
2 cups fresh lemon juice, strained & divided  
Ice, to serve  
Lemon slices, to garnish

### Nutritional info

Calories	107
Sodium	7mg
Carbohydrates	27g
Protein	8g

### Directions

1. Hull and quarter the strawberries. Place the strawberries in a large bowl. Stir in the sugar and  $\frac{1}{4}$  cup lemon juice. Allow to sit, covered, for 30 minutes.
2. In a countertop blender, blend the strawberry mixture until pureed. Strain the mixture through a fine mesh sieve to get the seeds out.
3. In a large pitcher, combine the strawberry puree with the remaining  $1\frac{3}{4}$  cups of lemon juice and 4 cups of water. Add up to 1 additional cup of water to taste if the mixture is too sweet or strong.
4. To serve, stir the lemonade and pour it over ice. Garnish with lemon slices and strawberries.