

Old-Fashioned Lemonade

Featured in: Prairie Fare

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Ingredients:

- 6 lemons (to make about 1 cup lemon juice)
- 6 cups cold water
- 1 cup sugar

www.ext.nodak.edu/extnews/newsrelease/2005/021005/03prairi.htm

Directions:

- Juice lemons. Mix juice, water and sugar in pitcher. Stir well. Serve over ice.

Makes 8 servings. Per serving: 105 calories, 0 grams (g) fat, 28 g carbohydrate, and 23% of daily recommendation for vitamin C.

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SERVICE