



Homemade Lemonade

Number of servings: 1

Serving size: 8 ounces

Equipment:

None

Ingredients:

- 1 Tablespoon honey or 100% pure maple syrup
- 2 Tablespoons lemon juice freshly squeezed*
- 8 ounces water

* one lemon yields about 2 tablespoons juice

Directions:

Squeeze the lemons to get the juice. Place all the ingredients in a glass and stir together.

Grapefruit juice can be substituted for lemon juice.

Cost per recipe: \$1.20

Cost per serving: \$1.20

MyPlate servings: 1/4 serving of fruit

Nutrition Facts

Serving Size 8 ounces

Serving Per Container 1

Amount Per Serving

Calories 76

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Potassium 69mg **2%**

Sodium 11mg **0%**

Total Carbohydrate 21g **7%**

Dietary Fiber 0g **0%**

Sugars 18g

Protein 0g **0%**

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>