

Farm Market Recipe



Blueberry Lemonade

Ingredients:

- 2 cups fresh blueberries, plus more for serving
- 1 cup fresh-squeezed lemon juice (about 6 thin-skinned lemons)
- ½ cup granulated sugar
- ¼ teaspoon salt
- 4 cups water

Directions:

Place blueberries, lemon juice, sugar and salt in a blender. Process until combined, about 45 seconds. Pour the mixture through a fine-mesh strainer into a large pitcher; discard solids. Stir in water. Divide among 8 ice-filled glasses and top with more blueberries, if desired.

Nutrition Facts:

Servings: 8 Serving Size: ¾ cup

Per Serving: calories 77; carbohydrates 20g; dietary fiber 1g; total sugars 17g; added sugar 13g; vitamin A 22IU; vitamin C 15mg; folate 8mcg; vitamin K 7mcg; sodium 77mg; calcium 8mg; magnesium 5mg; potassium 61mg.

Recipe from Eatingwell