

LEMONADE WITH MINT

 8 portions

INGREDIENTS

- 1000 grams of water, distilled
- 60 grams of lemon juice, fresh
- 10 grams of mint, fresh
- 2 tablespoons of milk, semi-skimmed, pasteurised, average [30 g]
- 100 grams of sugar, brown

COOKING METHOD

- 1° Squeeze the lemons. Wash fresh mint. In a blender, mix the lemon juice, fresh mint, water, sugar and milk. Blend it very well. Reserve in the refrigerator until consumed.
- 2° For a low calorie option, replace sugar by sweetener.
- 3° 155g per portion

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (150 g)	% DRI
ENERGY	34 kcal	50 kcal	3 %
PROTEIN	0 g	0 g	0 %
CARBOHYDRATE	9 g	13 g	5 %
SUGARS	9 g	13 g	14 %
FAT	0 g	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
FIBER	0 g	0 g	0 %
SODIUM	4 mg	6 mg	0 %