Strawberry Pineapple Lemonade

Makes 4 servings.  
1½ cups per serving.

Ingredients

4 cups 100% pineapple juice  
2 cups fresh or frozen strawberries  
¼ cup lemon juice  
½ cup water  
Ice

Prep time:  
5 minutes

Preparation

1. Put all ingredients except ice in a blender container and blend until mixture is smooth.  
2. Pour into glasses over ice cubes and serve.

Nutrition information per serving:  
Calories 160, Carbohydrate 40 g,  
Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g,  
Saturated Fat 0 g, Trans Fat 0 g,  
Cholesterol 0 mg, Sodium 10 mg,  
Added Sugars 0 g

Funded by USDA SNAP-Ed, an equal opportunity provider and employer. • California Department of Public Health  RCP-30/Ver. 08/12