



Best summer cooler

Refreshing creamy lime flavor

Brazilian “lemonade”

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MAKES About 6 cups

TIME 10 minutes

3 limes, quartered

½ cup sugar

3 tbsp. sweetened condensed milk

Place all the ingredients in a blender. Add 4 cups cold water and blend on high speed until limes are slightly chopped. Strain into a pitcher and then, with the strainer still resting above the pitcher, slowly pour about 1 more cup water (depending on how sweet you want the drink) through the strainer over the lime pieces to extract all the residual sugar and juice.

PER CUP 83 CAL., 30% (8.1 CAL.) FROM FAT;
1 G PROTEIN; 0.9 G FAT (0.5 G SAT.);
20 G CARBO (0 G FIBER); 13 MG SODIUM;
3.3 MG CHOL.