

Mint Limeade



1 quart (4 cups) water
1/2 cup lime juice (about 2 limes)
1/2 cup sucralose (Splenda®) or sugar
10-15 fresh mint leaves

Instructions: Add 1 cup of water, lime juice, sucralose (or sugar) and mint leaves to a blender. Blend until mint leaves are finely chopped. Add remaining 3 cups water; blend until thoroughly mixed. Pour over ice and store remaining limeade in the refrigerator.

Yield: 4 servings

Nutrition Facts (per serving) using sucralose: 20 calories, 0 grams fat, 5 milligrams sodium, 6 grams carbohydrate, 0 grams fiber, 0 grams protein