

STRAWBERRY LEMONADE

INGREDIENTS

1 cup strawberries, frozen / fresh

1 cup water

juice of one fresh lemon

1 cup ice

stevia to taste

PROCEDURE

Put all ingredients in a blender.

Blend until combined.

Pour into glass and enjoy.

Optional - Add couple fresh leaves of basil or mint for a refreshing twist.

Could also use blueberries, raspberries or blackberries.