

Another Healthy Recipe from



## Carrot Lemonade

### INGREDIENTS

- 1 pound carrots, peeled and cut into chunks
- 2 cups water
- 3 cups pineapple juice and/or unsweetened white grape juice
- 3/4 cup lemon juice
- Cold water
- Ice
- Lemon wedges



### DIRECTIONS

1. In a medium saucepan combine carrots and water. Bring to boiling; reduce heat and cover. Simmer for 30 minutes or until very tender. Cool slightly; transfer mixture to a blender. Add 1 cup of the pineapple juice. Cover and blend until smooth.
2. Transfer to a pitcher or plastic beverage container. Stir in remaining pineapple juice and lemon juice. Cover and chill 2 to 24 hours. (Mixture may thicken upon standing; stir in 1 to 2 cups water to desired consistency.)
3. Serve over ice with lemon wedges.

### Notes:

When you want to blend hot mixtures in a blender or food processor, cool the mixture before blending. Cooling prevents steam from building up in the blender (which could cause hot liquid to spurt out the top of the blender).

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Packed with vitamin A and C, this is a great summertime drink to have on hand. Make a double batch and store in the refrigerator up to 1 week.