



Strawberry Lemonade





Strawberry Lemonade

IDDSI LEVELS  



INGREDIENTS

	1 Serving	8 Servings	16 Servings
THICK & EASY® Clear HYDROLYTE® Thickened Water, Level 2 (nectar) Item: 23061	8 fl oz	64 fl oz (2 quart)	128 fl oz (1 gallon)
or			
THICK & EASY® Clear HYDROLYTE® Thickened Water, Level 3 (honey)			
Item: 12863			
Powdered Lemonade Mix*	4 tsp	2/3 cup	1 1/3 cups
Seedless Strawberry Jam	2 Tbsp	1 cup	2 cups
Thickened Ice Cubes**, optional	As desired	As desired	As desired

*Amount of mix needed for one serving may vary by brand

NUTRITION

Serving Size:
1 serving (~ 8 fl. oz)
Calories: 240
Total Fat: 0g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 0 mg
Sodium: 125 mg
Total Carbs: 59g
Dietary Fiber: 0g
Total Sugars: 46g
Added Sugars: 28g
Protein: 0g
Calcium: 0% DV
Iron: 0% DV
Potassium: 6% DV

DIRECTIONS

1. Stir powdered lemonade mix into **THICK & EASY® Clear HYDROLYTE® Thickened Water** until dissolved.
2. Add seedless strawberry jam.
3. Mix in a blender until jam is thoroughly dispersed and beverage is smooth.
4. Serve over thickened ice cubes, if desired.

RECIPE NOTES

- Lemonade that has been manually thickened to the proper consistency may be used in place of **THICK & EASY® Clear HYDROLYTE® Thickened Water** and lemonade mix.
- For Level 3 Honey consistency, replace Level 2 **THICK & EASY® Clear HYDROLYTE® Thickened Water** with Level 3 and follow the same preparation instructions for mixing.

**HOW TO MAKE FROZEN THICKENED ICE CUBES

1. Thicken water to the desired consistency (Level 2 or 3) with **THICK & EASY® Clear Instant Food & Beverage Thickener** or use pre-thickened **THICK & EASY® Thickened Water, (Level 2 or Level 3)**.
2. Pour into ice cube trays and freeze.