

Pink Lady Lemonade

A refreshing drink for any occasion. Serve straight into a plain glass or dress it up with an umbrella, straw and some orange slices for a fancy non-alcoholic fruit cocktail at a party or special occasion.



Nutritional information per portion (195g):

Energy 382kJ 91kcal 5%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 6.6g 7%	Salt <0.01g 0%
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of an adult's reference intake.
Typical values per 100g: energy 196kJ/47kcal.

Equipment

Ice cube trays and freezer
Chopping board
Sharp knife
Measuring jug
Large jug
Spoon
Glasses to serve

Ingredients

Serves 2

1 small orange OR lemon
Ice cubes
200ml cranberry juice
100ml grapefruit juice

Serves 10

1 orange
1 lemon
Ice cubes
1 litre cranberry juice
500ml grapefruit juice

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. Make up your ice cubes at least 2 hours before and freeze.
2. Cut the orange and/or lemon into ½cm thick slices (leaving the peel on), then cut each slice in half.
3. Fill the bottom of the jug with ice cubes and the orange and/or lemon slices.
4. Pour the cranberry juice and grapefruit juice into the jug.
5. Stir well and serve in glasses.

Top Tip

- Make ice cubes with juice instead of water so the lemonade is not diluted.

Something to try next time

- Swap the grapefruit juice for fresh orange juice or apple juice for a sweeter taste.

Prepare now, eat later

- Prepare up to 4 hours in advance but add ice cubes just before serving.

Skills used include:

Washing, measuring, chopping, mixing/combining and serving.

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