

SHOPPING LIST

Cranberry Lemonade

- ☐ Cold Water
- ☐ Lemon Juice
- ☐ Maple Syrup
- ☐ Cranberry Juice
- ☐ Lemon
- ☐ Ice Cubes

First, check off the items you already have at home.

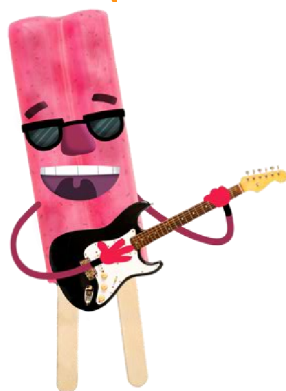


Freezerburn presents

DRINKS



Cranberry Lemonade



VEGETARIAN



YES

TIME



Under 30 min.

DIFFICULTY



Easy

SERVES



YOU WILL NEED



4 cups cold water



1/2 cup fresh lemon juice



1/3 cup maple syrup



1/4 cup cranberry juice



1 lemon, thinly sliced

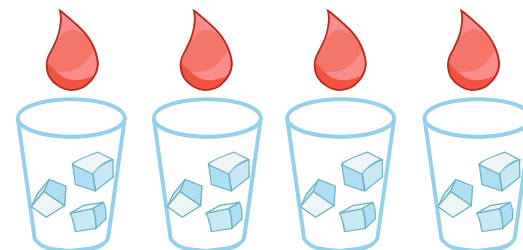


ice cubes

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Place the water, lemon juice, maple syrup and cranberry juice in a small pitcher or bottle and stir or shake well. Fill four glasses with ice cubes and top with the lemonade.



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Nutrition Facts

Serving Size 1 Serving (310g)

Servings Per Container

Amount Per Serving

Calories 80

Calories from Fat 0

Total Fat 0g

% Daily Value*

Saturated Fat 0g

0%

Trans Fat 0g

0%

Cholesterol 0mg

0%

Sodium 15mg

1%

Total Carbohydrate 22g

7%

Dietary Fiber 0g

0%

Sugars 18g

Protein 0g

Vitamin A 0%

Calcium 2%

Iron 2%

Vitamin C 25%

Percent Daily Values are based on a diet of 2,000 calories

diet. Your daily values may be higher or lower

depending on your calorie needs.

Calories: 2,000

2,500

Total Fat

Less than 25g

Saturated Fat

Less than 5g

Cholesterol

Less than 300mg

Sodium

Less than 2,400mg

Total Carbohydrate

Less than 300g

Dietary Fiber

25g

30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4