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.

CUT

CUT

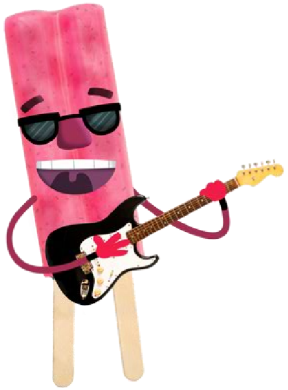
CUT

Freezerburn presents

DRINKS

FIZZY'S LUNCH LAB

Cranberry Lemonade



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Under 30 min.	Easy	

YOU WILL NEED

4 cups cold water

½ cup fresh lemon juice

⅓ cup maple syrup

¼ cup cranberry juice

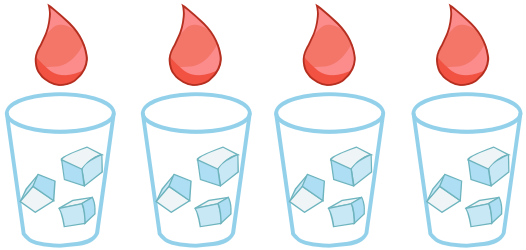
1 lemon, thinly sliced

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.



Nutrition Facts

Serving Size 1 Serving (310g)
Servings Per Container

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 0g	

Vitamin A 0% • Vitamin C 25%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4