

Strawberry Lemonade

Ingredients

- 2 strawberries, mashed or pureed
- Juice of ¼ lemon
- Stevia to taste
- 8 ounces water
(filtered or sparkling mineral water)

Directions

1. Mix lemon juice and pureed strawberries in a glass.
2. Pour over ice and sweeten with Stevia.

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| Makes 1 serving (1 fruit) |
| 0 protein |
| 0 fat |
| 15 calories |

HCG Diet Tip

Make your own homemade sparkling sodas or other mixed drinks with allowed fruit juice and sparkling mineral water. See recipes for flavour ideas. Serve them in a martini glass with a wedge of lemon or other garnish and enjoy.



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