

## Tart Lemonade and Ginger Sun Tea Slushy

Makes 6 servings

### Ingredients

- 11 cups water, divided
- 1/8 cup peeled and sliced fresh ginger
- 8 tea bags
- 1 cup fresh lemon juice (6 to 8 medium lemons)
- 6 tablespoons sugar

### Directions

1. Place 8 cups water and sliced ginger in large (at least 2-quart) glass container. Add tea bags, leaving tags hanging outside of the container. Put the lid on the container and place in the sun for 2 hours.
2. After 2 hours, remove the tea bags and ginger slices. Pour 1 1/2 cups tea into an ice tray. Place the ice tray in the freezer for at least 2 hours. Place the remaining tea in the refrigerator.
3. Pour lemon juice, 3 cups water and sugar into a pitcher. Stir until sugar is dissolved. Pour 1 1/2 cups lemonade into an ice tray. Place the ice tray in the freezer for at least 2 hours. Place the remaining lemonade in the refrigerator.

(directions continued on back)



APPETIZER OR SNACK

### Directions (continued)

4. Add lemonade ice cubes to a blender. Blend on high speed until ice is the texture of a slushy. Scoop into wide-mouth glasses.
5. Repeat step 4 with tea ice cubes, layering the tea slushy over the lemonade slushy. Mix with a spoon, if desired.
6. Serve immediately.

### TIP

To get the most juice out of your lemons, allow them to warm to room temperature. Then roll them on the countertop with the palm of your hand.

♥ = heart smart    ✂ = low sodium    GF = gluten free

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### Nutrition Facts

Serving Size 1 cup (121g)  
Servings Per Container 6

Amount Per Serving

Calories 20      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 5g      2%

Dietary Fiber 0g      0%

Sugars 5g

Protein 0g

Vitamin A 0%      • Vitamin C 10%

Calcium 0%      • Iron 0%

\*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

Carb choices per serving: 0