

Foodnity Recipes

Easy Frozen Strawberry Lemonade

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 cups fresh strawberries, hulled
- [ ] 1/2 cup freshly squeezed lemon juice
- [ ] 2 tbsp honey (or maple syrup)
- [ ] 1 cup ice cubes
- [ ] 1/2 cup cold water

Optional Garnish

- [ ] Fresh mint leaves
- [ ] Lemon slices
- [ ] Whole strawberry halves

Instructions

1. Wash the strawberries, hull them, and place them in the blender.
2. Add the lemon juice, honey, cold water, and a handful of ice.
3. Blend on high for 30-45 seconds until the mixture is smooth and frosty.
4. Taste and adjust sweetness if needed, then pour into chilled glasses.
5. Garnish with a mint leaf, lemon slice, or a strawberry half for a pretty finish.

Nutrition per serving

120 kcal	2 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the blend is too thick, add a splash more water and blend again.
- For an extra-cold treat, use frozen strawberries instead of fresh.
- A pinch of sea salt can enhance the perceived sweetness without extra honey.