BetterBody Foods

Sugar-Free Brazilian Lemonade

Prep: 10 min Cook: 0 min Total: 10 min Servings: 2

Calories: 31 Fat: 1g Protein: 0g Carbs: 7g Fiber: 1g

Ingredients

- 2 cups water
- 1/2 cup Organic Monk Fruit Blend
- 2 whole limes, washed
- 1/2 cup coconut milk or milk of choice

Directions

1. Wash limes thoroughly with soap, cut the ends off, and cut each limes into eighths.
2. In a blender, combine the water, monk fruit sweetener, and limes. Pulse 4-5 times, blending for just a couple of seconds each time. (Do not blend on high speed, as over-blending the peels can make the drink bitter.)
3. Pour the mixture through a mesh strainer into a pitcher, pressing to extract the liquid and discard the solids. Stir in the coconut milk. Chill until ready to serve.
4. To serve, pour into two cups over plenty of ice and garnish with fresh lime, if desired.
5. Enjoy your Sugar-Free Brazilian Lemonade!