



# Catholic Health Initiatives

*Imagine better health.®*

## **Cherry Lemonade**

*Serves 4*

*Prep time:*

*Approximately 10 minutes*

### **Ingredients:**

2 cups fresh cherries, pitted

4 cups water

$\frac{3}{4}$  cup lemon juice

$\frac{2}{3}$  cup Stevia



*Refreshing Treat*

### **Directions:**

Add cherries and 2 cups of water to blender, blend on high until smooth. Pour through fine, mesh strainer into pitcher to remove any pulp. Add remaining water, lemon juice and Stevia and stir until combined. Serve immediately over ice. Great on a warm summer day.

*Harvest of the Month*  
**cherries**