



Visiting Nurse Association
of Northern New Jersey

175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org



Pink Grapefruit & Lemon Summer Aid*

Makes 1 pitcher. Serving size 1 cup + fruit.

Recipe adapted from Martha Stewart Living.

Ingredients

- 1 cup sugar
- 2-1/2 cups freshly squeezed lemon juice
(about 14 lemons + 1 lemon cut into thin rounds)
- 2 cups freshly squeezed pink-grapefruit juice
(2 large grapefruit + 1 grapefruit cut into slices,
then quartered)
- 1 bunch fresh mint

Nutritional info per serving

Calories:	190
Total fat:	1g
Cholesterol:	0mg
Sodium:	16mg
Total Carbs:	45g
Protein:	0g

Directions

1. Prepare an ice bath.
2. Combine the sugar and 2 cups water in a medium saucepan. Stir well, and set over medium-high heat. Bring to a boil, and cook, stirring occasionally, until all of the sugar has dissolved, about 10 minutes.
3. Pour the sugar syrup into a medium bowl, and set bowl in the ice bath to cool; the syrup should yield 2-1/2 cups.
4. When ready to serve beverage, combine the lemon juice, grapefruit juice, and the sugar syrup in a medium-large pitcher.
5. Add the lemon rounds & grapefruit pieces, fresh mint leaves and fill with ice cubes.

*Photo does not exactly represent recipe.