

Sugar-Free Pineapple Lemonade

This recipe was provided by our friends at [Melissa's Produce](#).

Prep Time: 10 minutes

Total Time: 10 minutes

Serves 4

Ingredients

- 2 cups filtered water
- 1/2 cup fresh lemon juice
- 6 cups fresh, ripe pineapple
- 2 tsp. minced ginger (optional)
- 10 drops alcohol-free liquid stevia (optional)

Instructions

1. Throw all ingredients into a blender and blast on high for 30 to 60 seconds until pulverized. Strain the mixture through a fine-mesh sieve or filtration bag.
2. Add stevia to taste and chill in the fridge until you're ready to serve over ice.

