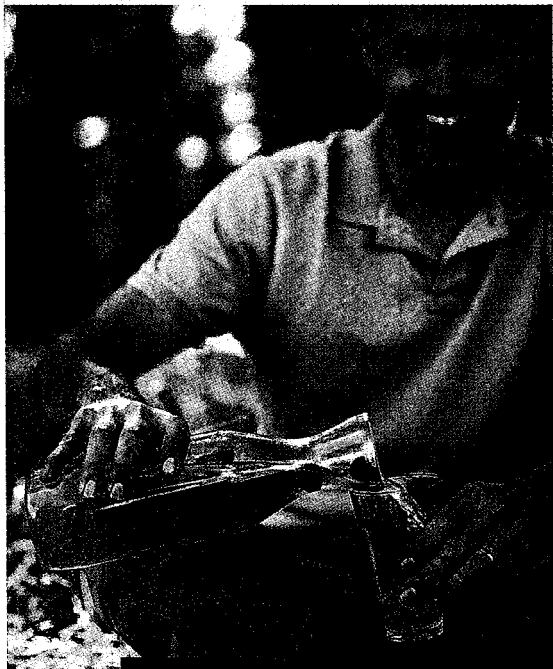


Gourmet to go



REFRESHER

Almond raspberry lemonade

SERVES 4 **TIME** 5 minutes

For the most thirst-quenching drink, look for a less-sweet brand of lemonade such as Santa Cruz Organic.

1 qt. chilled lemonade

½ cup chilled almond syrup (orgeat syrup)

½ cup raspberries

In a pitcher, stir together all ingredients.

Keeps: Up to 4 hours in a prechilled thermos or container with ice packs.

PER 1¼-CUP SERVING 198 CAL., 0.5% (0.9 CAL.) FROM FAT; 0.2 G PROTEIN; 0.1 G FAT (0 G SAT.); 50 G CARBO (1 G FIBER); 10 MG SODIUM; 0 MG CHOL.