



## Citrus Quenchers

By Erin Fletter

**Prep Time / Cook Time / Serves -**

### Equipment

- Blender (or pitcher + immersion blender)
- Liquid measuring cup
- Dry measuring cups

### Ingredients

Citrus Quenchers

- 1 orange, peeled
- 1 lime, peeled
- 1 lemon, peeled
- 1/4 C sugar/honey
- 4 to 6 C ice
- 1 big pinch salt

### Food Allergen Substitutions

Citrus Quenchers

### Instructions

Citrus Quenchers

peel + add

Peel **1 orange**, **1 lime**, and **1 lemon**, then add the fruit to your blender or a pitcher for use with an

immersion blender. Add **1 cup of water** and **1/4 cup of sugar**.

blend + top + pour

Blend your fruit, water, and sweetener until frothy, then top with **4 to 6 cups of ice** and **1 big pinch of salt**. Blend some more until you get the texture you desire. Pour and enjoy!