



## Apricot-Lemonade

**Yield:** 2 cups

### **Ingredients:**

- 5-6 fresh apricots, cut in 1/2, remove pit
- 1 handful of mint
- 4-5 dates, pit removed
- Juice of 1 lemon
- 1-2 cups of water
- Ice

### **Directions:**

1. In a Vita Mix or blender, combine the apricots, dates, mint, lemon, water and ice. Blend until smooth.
2. Add extra water until you reach a desire taste, sweetness and thickness.