

Homemade Healthy Lemonade

Ingredients

- 5 cups of water
- $\frac{1}{3}$ - $\frac{1}{2}$ cup of honey (or sweetener of choice)
- 1 $\frac{1}{4}$ cup of freshly squeezed lemon juice (about 5 - 6 large lemons)

Directions

- In a small saucepan, combine 1 cup of water and $\frac{1}{3}$ cup of honey and turn heat to medium.
- This is called simple syrup, and it prevents a big clump of honey (or sugar) sitting at the bottom of the pitcher while you stir forever to get it to dissolve.
- Once the honey is dissolved (this may take up to 5 minutes), pour it into the bottom of a half-gallon pitcher or glass jar.
- Add the lemon juice and the remaining 4 cups of water and stir well.
- Taste and adjust sweetener, if desired. Serve cold or over ice, pour, sip, and enjoy!



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