

## Summertime Thirst Quenchers: Lemonade

Summertime means hot, sunny weather which finds many of us outside taking full advantage! Think gardening, barbequing, bike riding or just laying out soaking up the sunshine. Being out in the sun means that we lose fluids more rapidly and we need to stay hydrated. Water is ideal but what is summer without a nice, tall glass of lemonade? Store-bought lemonade is full of sugar and making your own is a breeze plus allows you to control how much sugar is used. Try out these great recipes and quench that summertime thirst!

### “Pinch of Sugar” Fresh Squeezed Lemonade

#### Ingredients:

- 1 1/3 cup fresh squeezed lemon juice (5-6 lemons)
- 1/3 cup granulated sugar
- 1 cup hot (near boiling) water
- 7 cups cold water

#### Directions:

1. Mix sugar into hot water. Stir until dissolved.
2. Pour lemon juice into pitcher. Add sugar water. Top with cold water.
3. Mix well.
4. Serve over ice. Serves 8.



#### Health Benefits of Lemons:

1. Lemons help the liver dump toxins by stimulating natural enzymes.
2. Very high in Vitamin C – helps keep skin young-looking and helps boost immune system!
3. Rich in flavonoids – helps boost potency of Vitamin C, improves blood flow and helps to maintain normal blood pressure and reduce inflammation.
4. Helps balance PH level. Though acidic-tasting, lemons are alkaline-forming in the body.
5. Citric acid can help eliminate calcium deposits in

## Berry Blend Lemonade

### Ingredients:

- 1 cup frozen or fresh strawberries or blueberries (or ½ cup each)
- Juice of 1 lemon
- 1 cup water
- 1 cup ice cubes
- ¼ tsp salt
- 2 tbsp honey or raw sugar
- ½ inch ginger (optional)

### Directions:

1. Blend all ingredients to make a refreshing pitcher of berry lemonade. Tastes best when flavours are given time to meld together (chill for 1 hour minimum). Makes four 8oz glasses.



## Citrus Lemonade

### Ingredients:

- 1 cup freshly squeezed orange juice (approx. 3 oranges)
- 1 cup freshly squeezed tangerine juice (approx. 3-4 tangerines)
- Juice of 1 lemon
- 3 cups of water
- 1 cup ice cubes
- 1 sprig mint
- 2 tbsp honey or raw sugar

### Directions:

1. Juice fruit.
2. Mix all juices together.
3. Add honey or raw sugar.
4. Add ice cubes and enjoy for a cool, refreshing drink. Makes six 8oz glasses.

