



Lemonade

Ingredients :

- 4 unwaxed lemons
- 2 cups Selati white sugar
- 4 cups water
- Fresh mint
- Ice cubes
- Sparkling water

Methods :

1. In a large pot, place the whole lemons sugar and water. Bring this mixture to a boil then simmer for 30 minutes or until the lemons are soft.
2. Remove the lemons from the liquid then open up the lemons to remove any pips.
3. Place the lemons and the liquid into a blender and puree until smooth then pass through a sieve to remove any chunks.
4. In a large jug, place the mint leaves, ice cubes and lemon concentrate then top up with the sparkling water to taste.

Tip: Store any remaining concentrate in a bottle in the fridge and use within 3 days.