



lemonade *Recipes*

A Juice Cookbook Focused Only on Lemonade Filled with Easy
Lemonade Recipes



LEMONADE RECIPES

A JUICE COOKBOOK FOCUSED ONLY ON
LEMONADE FILLED WITH EASY LEMONADE
RECIPES

By
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ABOUT THE AUTHOR.

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BookSumo is an independent publisher of books operating in the beautiful Garden State (NJ) and our team of chefs and kitchen experts are here to teach, eat, and be merry!

INTRODUCTION

Welcome to *The Effortless Chef Series*! Thank you for taking the time to purchase this cookbook.

Come take a journey into the delights of easy cooking. The point of this cookbook and all BookSumo Press cookbooks is to exemplify the effortless nature of cooking simply.

In this book we focus on Lemonade. You will find that even though the recipes are simple, the taste of the dishes are quite amazing.

So will you take an adventure in simple cooking? If the answer is yes please consult the table of contents to find the dishes you are most interested in.

Once you are ready, jump right in and start cooking.

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We will take your concerns into consideration when the 2nd edition of this book is published. And we will keep you updated!

— BookSumo Press

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COMMON ABBREVIATIONS

cup(s)	C.
tablespoon	tbsp
teaspoon	tsp
ounce	oz.
pound	lb.

*All units used are standard American measurements



CHAPTER 1: EASY LEMONADE RECIPES

HARVEST MOON LEMONADE

Ingredients

- 1 C. **water**
- 1/2 C. granulated **sugar**
- 1/2 C. fresh **mint** leaves, packed
- 3 kiwi **fruits**, peeled and cut into chunks
- 2 -3 **lemons**, juiced
- sparkling **water**

Directions

- Place the sugar and water in a pot over medium-high heat and cook until sugar dissolves completely, stirring often.
- Now, set the heat to low and cook for about 4 minutes, mixing time to time.
- Remove from the heat and immediately, mix the mint leaves.
- Keep aside for about 20 minutes.
- In a blender, add the kiwifruit and pulse until pureed.
- In a pitcher, place the pureed kiwi.
- Through a strainer, strain the cooled syrup into the pitcher, pressing with the back of a spoon.
- Place the pitcher in fridge to chill.
- Add the lemon juice and stir to combine.
- Transfer into serving glasses and enjoy with a garnishing of the kiwi slices.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	138.9
Fat	0.3g
Cholesterol	0.0mg
Sodium	5.1mg
Carbohydrates	35.7g
Protein	1.0g

* Percent Daily Values are based on a 2,000 calorie diet.



ANIMAL CROSSING LEMONADE

Ingredients

- 3 **oranges**
- 3 **lemons**
- 1 **lime**
- 1 C. **sugar**
- **water**

Directions

- In a bowl, extract the juice of lime, lemons and oranges.
- In a pitcher, add the sugar, citrus juice and enough water to make 8 cups of drink and stir until sugar is dissolved.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	127.9
Fat	0.1g
Cholesterol	0.0mg
Sodium	1.2mg
Carbohydrates	35.1g
Protein	0.9g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE SUMMERS

Ingredients

- 8 C. cubed seedless **watermelon**
- 2 (12 oz.) cans frozen **lemonade** concentrate
- 4 C. **water**

Directions

- In a food processor, add the watermelon and pulse until pureed.
- In a pitcher, add water, pureed watermelon and lemonade concentrate and with a long wooden spoon, stir to combine well.
- Enjoy with a garnishing of the extra watermelon.

Servings per Recipe: 12

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	173.4
Fat	0.6g
Cholesterol	0.0mg
Sodium	8.4mg
Carbohydrates	44.0g
Protein	0.7g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE ONTARIO

Ingredients

- 3 (4 g) packets of crystal light **lemonade**
- 3 (12 oz.) cans of fizzy **water**
- **basil** leaves, torn
- fresh **ginger**, grated

Directions

- In a pitcher, add all the ingredients and mix well.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	1 mins
Total Time	1 min

Nutritional Information:

Calories	0.0
Fat	0.0g
Cholesterol	0.0mg
Sodium	20.5mg
Carbohydrates	0.0g
Protein	0.0g

* Percent Daily Values are based on a 2,000 calorie diet.

LIME-ONADE

Ingredients

- 1/2 C. fresh **lime** juice
- 1/2 C. fresh **lemon** juice
- 3/4 C. **sugar**
- 4 C. cold **water**
- 1 **lemon**, sliced
- **ice cube**

Directions

- Place the sugar, lemon and lime juice in a pitcher and with a long wooden spoon, stir until sugar is dissolved completely.
- Stir in the remaining ingredients and until combined nicely.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	109.0
Fat	0.0g
Cholesterol	0.0mg
Sodium	5.7mg
Carbohydrates	29.0g
Protein	0.2g

* Percent Daily Values are based on a 2,000 calorie diet.



PENNSYLVANIAN COUNTRY LEMONADE

Ingredients

- 1/2 C. packed chopped **mint** leaves
- 1/3 C. chopped fresh **ginger**
- 1/3 C. **honey**
- 2 C. boiling **water**
- 1/2 C. fresh **lemon** juice
- 1 1/2 C. cold **water**

Toppings

- **ice cube**
- fresh **mint** leaves
- **lemon** slice

Directions

- In a bowl, honey, ginger and, chopped mint and boiling water and stir to combine well.
- Keep aside for about 35-40 minutes.
- Through a strainer, strain the mixture into a pitcher, pressing with the back of a spoon to extract liquid.
- Add the cold water and lemon juice and mix well.
- Transfer into ice filled glasses and enjoy with a garnishing of the fresh lemon slices and mint leaves.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	50 mins

Nutritional Information:

Calories	102.0
Fat	0.0g
Cholesterol	0.0mg
Sodium	7.6mg
Carbohydrates	27.7g
Protein	0.4g

* Percent Daily Values are based on a 2,000 calorie diet.

CAITLYN'S CUPCAKE LEMONADE

Ingredients

- 1 (6 oz.) cans frozen **lemonade** concentrate, thawed
- 1 (18 1/4 oz.) boxes white **cake mix**
- 1 (8 oz.) cartons sour **cream**
- 3 oz. cream **cheese**, softened
- 3 **eggs**
- 1 (12 oz.) cans whipped cream cheese **frosting**

Directions

- Set your oven to 350 degrees F before doing anything else and line cups of muffin pans with the paper liners.
- Discard about 2 tbsp of the lemonade concentrate from can.
- In a bowl, add the cake mix, eggs, cream cheese, sour cream and remaining concentrate and with an electric mixer, beat until well combined.
- Place the mixture into prepared muffin cups about 3/4 of the full.
- Cook in the oven for about 20 minutes or until a toothpick inserted in the center comes out clean.
- Remove from the oven and keep onto the wire rack to cool in the pan for about 5-10 minutes.
- Carefully, invert the muffins onto the wire rack to cool completely.
- Spread the frosting over cooled muffins and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	209.5
Fat	8.6g
Cholesterol	32.3mg
Sodium	200.2mg
Carbohydrates	31.5g
Protein	2.2g

* Percent Daily Values are based on a 2,000 calorie diet.

GARDEN LEMONADE DIP

Ingredients

- 4 oz. fat free **cream cheese**
- 1 tsp pink sugar-free **lemonade**-flavored drink mix
- 1 1/2 C. fat-free **cool whip**

Directions

- In a bowl, add the lemonade mix and cream cheese and beat until well blended and smooth.
- Add 1/2 C. of the Cool Whip and beat until well blended.
- Gently, fold in the remaining Cool Whip.
- Place the bowl in fridge for about 1 1/2-2 hours.
- Enjoy with your favorite fruit slices.

Servings per Recipe: 12

Timing Information:

Preparation	5 mins
Total Time	1 hr 5 mins

Nutritional Information:

Calories	9.0
Fat	0.1g
Cholesterol	0.7mg
Sodium	51.5mg
Carbohydrates	0.5g
Protein	1.3g

* Percent Daily Values are based on a 2,000 calorie diet.

BROOKLYN STRAWBERRY LEMONADE

Ingredients

- 3 C. **water**, cold
- 1 quart **strawberries**
- 3/4 C. **sugar**
- 3/4 C. **lemon** juice
- 2 C. **club soda**, cold
- **lemon** slice

Directions

- In a food processor, add the sugar, strawberries and water and pulse until smooth.
- Transfer the strawberry mixture into a pitcher.
- Add the lemon juice and soda and with a long wooden spoon, stir to combine.
- Enjoy with a garnishing of the lemon slices.

Servings per Recipe: 8

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	100.6
Fat	0.2g
Cholesterol	0.0mg
Sodium	16.2mg
Carbohydrates	25.8g
Protein	0.5g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE CHEESECAKE

Ingredients

Cake

- 1 (18 oz.) packages white **cake mix**
- 1 C. sour **cream**
- 3 oz. cream **cheese**, softened
- 3 **eggs**
- 6 oz. **lemonade** concentrate, thawed

Frosting

- 1 C. sour **cream**
- 1 C. **powdered sugar**
- 1 tbsp **lemon** juice

Directions

- Set your oven to 350 degrees F before doing anything else and grease and flour a Bundt pan.
- For the cake: in a bowl, add all the ingredients and with an electric mixer, beat on high speed until well combined.
- Transfer the mixture into the prepared Bundt pan evenly.
- Cook in the oven for about 50-60 minutes.
- Remove from the oven and keep onto the wire rack to cool in the pan for about 10 minutes.
- Carefully, invert the cake onto the wire rack to cool completely.
- Meanwhile, for the glaze: in a bowl, add all the ingredients and beat until smooth.
- Place the glaze on the top of cooled cake and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	1 hr

Nutritional Information:

Calories	4388.1
Fat	191.4g
Cholesterol	890.9mg
Sodium	4283.8mg
Carbohydrates	624.5g
Protein	56.9g

* Percent Daily Values are based on a 2,000 calorie diet.



VANILLA LEMONADE ICE CREAM PIE

Ingredients

- 1/3 C. country time **lemonade** mix
- 1/2 C. **water**
- 1 pint vanilla **ice cream**
- 1 (8 oz.) containers **Cool Whip**
- 1 (9 oz.) graham cracker **pie crust**

Directions

- In a pitcher, add the lemonade and water and with a long wooden spoon, stir to combine well.
- Add the ice cream and with the soon, mix until smooth.
- Now, place the Cool Whip and mix until well blended.
- In a prepared pie crust, place the lemonade mixture and place in the freeze for about 5 hours.

Servings per Recipe: 10

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	230.5
Fat	13.8g
Cholesterol	11.6mg
Sodium	147.0mg
Carbohydrates	25.1g
Protein	2.0g

* Percent Daily Values are based on a 2,000 calorie diet.

BACKROAD LEMONADE

Ingredients

- 1 C. loose-packed fresh **mint** leaves
- 2/3 C. **sugar**
- 1 C. fresh **lemon** juice
- 3 C. **water**
- 1 C. canned peach **nectar**, chilled
- **peach** slices
- fresh **mint** sprig

Directions

- In a glass bowl, add the sugar and mint and with the back of a spoon, crush the leaves.
- Add the water and lemon juice and stir until sugar dissolves completely.
- Through a fine mesh strainer, strain the mixture into a pitcher.
- Add the peach nectar and mix well.
- Refrigerate, covered to chill for about 6 hours.
- Transfer into ice filled glasses and enjoy with a garnishing of the peach slices and mint sprigs.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	3 hrs. 10 mins

Nutritional Information:

Calories	121.6
Fat	0.0g
Cholesterol	0.0mg
Sodium	7.0mg
Carbohydrates	32.1g
Protein	0.4g

* Percent Daily Values are based on a 2,000 calorie diet.

4-INGREDIENT LEMONADE PIE

Ingredients

- 1 (6 oz.) cans frozen lemonade
- 1 (14 oz.) cans sweetened condensed milk
- 1 (8 oz.) containers Cool Whip
- 1 graham cracker crust

Directions

- In a bowl, add the frozen lemonade, condensed milk and Cool Whip and with an electric mixer, beat until fluffy.
- In a prepared pie crust, place the lemonade mixture and place in the fridge for the whole night.

Servings per Recipe: 8

Timing Information:

Preparation	10 mins
Total Time	24 hrs. 10 mins

Nutritional Information:

Calories	441.0
Fat	19.0g
Cholesterol	16.8mg
Sodium	242.4mg
Carbohydrates	64.2g
Protein	5.5g

* Percent Daily Values are based on a 2,000 calorie diet.

MORE MELON LEMONADE

Ingredients

- 8 C. cubed seeded **watermelon**
- 3 C. hulled and quartered **strawberries**
- 2 (12 oz.) cans frozen **lemonade** concentrate, thawed
- 8 C. **water**
- wedges of fresh **watermelon**
- whole hulled **strawberry**

Directions

- In a food processor, add the strawberries, watermelon and lemonade concentrate in 2 batches and pulse until smooth.
- Transfer the mixture into a container with the water and mix well.
- Refrigerate for about 2-3 days.
- Transfer into ice filled glasses and enjoy with a garnishing of the strawberries and watermelon wedges.
- Makes 12 servings.
- Make-Ahead.
- Make up to 2 days ahead; cover and refrigerate. To serve, stir and add berries and watermelon wedges.

Servings per Recipe: 12

Timing Information:

Preparation	25 mins
Total Time	24 hrs. 25 mins

Nutritional Information:

Calories	185.0
Fat	0.7g
Cholesterol	0.0mg
Sodium	11.2mg
Carbohydrates	46.8g
Protein	1.0g

* Percent Daily Values are based on a 2,000 calorie diet.

MEGHAN'S MUFFINS LEMONADED

Ingredients

- 1 1/2 C. **flour**
- 1/4 C. **sugar**
- 2 1/2 tsp **baking powder**
- 1/2 tsp **salt**
- 1 beaten **egg**
- 1 (6 oz.) cans frozen **lemonade**, thawed
- 1/4 C. **milk**
- 1/3 C. cooking **oil**
- 1/2 C. chopped **walnuts**

Directions

- Set your oven to 375 degrees F before doing anything else and grease 8-9 cups of a large muffin pan.
- In a bowl, add the flour, sugar, baking powder and salt and mix well.
- In a separate bowl, add the milk, oil, egg and 1/2 C. of the lemonade and beat until well combined.
- Add the egg mixture into the flour mixture and mix until just combined.
- Fold in the walnuts.
- Transfer the mixture into the prepared muffin cups evenly.
- Cook in the oven for about 15-20 minutes or until a toothpick inserted in the center comes out clean.
- Remove from the oven and keep onto the wire rack to cool in the pan for about 5 minutes.
- Carefully, invert the muffins onto the wire rack.
- Coat the muffins with the remaining lemonade evenly.
- Enjoy with the dusting of white sugar.
- Makes 8-9 large muffins.

Servings per Recipe: 1

Timing Information:

Preparation	20 mins
Total Time	40 mins

Nutritional Information:

Calories	292.9
Fat	15.0g
Cholesterol	27.5mg
Sodium	272.8mg
Carbohydrates	36.4g
Protein	4.6g

* Percent Daily Values are based on a 2,000 calorie diet.

ALABAMA PORCH LEMONADE

Ingredients

- 1/2 C. rinsed lightly packed **basil** leaf
- 3 tbsp **sugar**
- 4 C. **water**
- 1/2 C. squeezed **lemon** juice
- 1 sprig **basil**

Directions

- In a large non-metallic bowl, add the sugar and basil leaves and crush the leaves with a wooden spoon until bruised completely.
- Add the lemon juice and water and mix until sugar dissolves completely.
- Through a fine mesh strainer, strain the mixture into glasses of ice.
- Enjoy with a garnishing of the fresh basil sprigs.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	45.6
Fat	0.0g
Cholesterol	0.0mg
Sodium	5.2mg
Carbohydrates	12.3g
Protein	0.2g

* Percent Daily Values are based on a 2,000 calorie diet.



MANHATTAN LEMONADE PARFAITS

Ingredients

- 1/2 C. graham **cracker** crumbs
- 1/2 C. granola **cereal**
- 1/3 C. country time **lemonade** mix
- 1/2 C. **water**
- 1 pint vanilla **ice cream**, softened
- 8 oz. Cool **Whip**
- 1 **lemon**, wedges

Directions

- In a blender, add the granola and cracker crumbs and process until a crumbly mixture is formed.
- Transfer the crumbly mixture into a bowl and keep aside.
- In a bowl, add the water and lemonade mix and mix until well combined.
- In another bowl, add the ice cream and lemonade mixture and with an electric mixer, beat on low speed until well combined.
- Add the whipped topping and gently, stir to combine.
- Divide the crumbs mixture in 4 parfait glasses evenly, followed by half of the lemonade mixture.
- Repeat the layers once.
- Place the parfait glasses in freezer for about 2 1/2-3 hours.
- Enjoy with a garnishing of the lemon slices.

Servings per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	2 hrs. 5 mins

Nutritional Information:

Calories	440.1
Fat	26.3g
Cholesterol	29.0mg
Sodium	122.0mg
Carbohydrates	46.1g
Protein	6.1g

* Percent Daily Values are based on a 2,000 calorie diet.

ARABIAN STYLE LEMONADE

Ingredients

- 8 **lemons**, juiced
- 3/4 C. **sugar**
- 1/4 C. **mint**
- 4 C. **water**
- **ice cube**

Directions

- In a large non-metallic bowl, add the sugar and mint leaves and crush the mint with a wooden spoon until bruised completely.
- Add the lemon juice and water and mix until well combined.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	120.8
Fat	0.2g
Cholesterol	0.0mg
Sodium	7.6mg
Carbohydrates	32.5g
Protein	0.9g

* Percent Daily Values are based on a 2,000 calorie diet.

TENNESSEE LEMONADE PIE

Ingredients

- 14 oz. sweetened condensed **milk**
- 6 oz. frozen **lemonade** concentrate, thawed
- 3 tbsp seedless **raspberry** preserves
- 8 oz. frozen whipped **topping**, thawed
- 6 oz. prepared graham **cracker** crusts

Directions

- In a bowl, add the condensed milk, lemonade concentrate and raspberry preserves and beat until smooth.
- Add the whipped topping and gently, stir to combine.
- In the prepared crust, lace the mixture and place in freezer for about 5 hours.
- Enjoy with a garnishing of the raspberries and fresh mint.

Servings per Recipe: 8

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	425.5
Fat	16.9g
Cholesterol	16.8mg
Sodium	195.0mg
Carbohydrates	65.5g
Protein	5.2g

* Percent Daily Values are based on a 2,000 calorie diet.

MEDITERRANEAN LEMONADE

Ingredients

- 1/2 C. fresh **lemon** juice
- 1/2 C. **sugar**
- 1/4 C. fresh **mint** leaves
- 2 C. **water**
- 3 C. **ice cubes**

Directions

- In a food processor, add the sugar, mint leaves and lemons and pulse until chopped.
- Add the ice and water and pulse until smooth.
- Transfer into serving glasses and enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	70.3
Fat	0.0g
Cholesterol	0.0mg
Sodium	3.3mg
Carbohydrates	18.5g
Protein	0.1g

* Percent Daily Values are based on a 2,000 calorie diet.

APRICOT PINEAPPLE LEMONADE

Ingredients

- 6 oz. cans frozen **lemonade** concentrate, thawed
- 3/4 C. **water**
- 1 (12 oz.) cans apricot **nectar**, chilled
- 1 (12 oz.) cans unsweetened **pineapple** juice, chilled
- **ice cube**
- 1 1/4 C. **ginger** ale, chilled
- **lemon** slice

Directions

- Place the water and lemonade concentrate in a pitcher and with a long wooden spoon, stir to combine well.
- Add the pineapple juice and apricot nectar and mix until well combined.
- Add the lemon slices, ginger ale and ice cubes and stir to combine.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	148.7
Fat	0.2g
Cholesterol	0.0mg
Sodium	8.6mg
Carbohydrates	38.0g
Protein	0.5g

* Percent Daily Values are based on a 2,000 calorie diet.

HAWAIIAN LEMONADE PIE

Ingredients

- 1 (16 oz.) cans frozen pink **lemonade** concentrate, thawed
- 1 C. sweetened condensed **milk**
- 1 (8 oz.) cartons Cool **Whip**
- 1 (9 inch) graham **cracker** crust

Directions

- In a bowl, add all the ingredients except the pie crust and mix until smooth.
- Place the mixture into the prepared pie shell and freeze overnight.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	627.0
Fat	24.4g
Cholesterol	17.3mg
Sodium	305.0mg
Carbohydrates	99.6g
Protein	6.3g

* Percent Daily Values are based on a 2,000 calorie diet.

GEORGIA LEMONADE

Ingredients

- 2 **peaches**, peeled and chopped
- 1 C. granulated **sugar**
- 4 C. **water**
- 3/4 C. squeezed **lemon** juice
- **mint** sprig
- **peach** slices

Directions

- In a pan, add the sugar, peaches and water and cook until boiling.
- Now, set the heat to low and cook for about 10 minutes, stirring frequently.
- Remove from the heat and keep aside to cool completely.
- Through a fine mesh strainer, strain the mixture into a pitcher, pressing with the back of a spoon to extract all the juice.
- Add the lemon juice and stir to combine well.
- Transfer into serving ice filled glasses evenly.
- Enjoy with a garnishing of the mint and peach slices.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	224.0
Fat	0.1g
Cholesterol	0.0mg
Sodium	5.2mg
Carbohydrates	58.6g
Protein	0.6g ns

* Percent Daily Values are based on a 2,000 calorie diet.

SANDY'S SCONES LEMONADED

Ingredients

- 1 C. heavy **cream**
- 1 C. **lemonade**
- 3 C. self- raising **flour**
- 1 pinch **salt**
- **jam**
- **cream**

Directions

- Set your oven to 450 degrees F before doing anything else and grease a baking sheet.
- In a bowl, add all the ingredients and gently, mix until well blended.
- Place the dough onto a floured surface and with your hands; knead for 2-3 times.
- Roll the dough into 1-inch thickness.
- With a round cutter, cut the scones.
- In the prepared baking sheet, arrange the scones in a single layer.
- Coat the top of each scone with some milk.
- Cook in the oven for about 10-15 minutes.
- Enjoy alongside the cream and jam.

Servings per Recipe: 8

Timing Information:

Preparation	10 mins
Total Time	25 mins

Nutritional Information:

Calories	280.9
Fat	11.4g
Cholesterol	40.7mg
Sodium	627.2mg
Carbohydrates	38.8g
Protein	5.2g

* Percent Daily Values are based on a 2,000 calorie diet.

LIME AND MANGO LEMONADE

Ingredients

- 2 C. chopped **mangoes**, pureed
- 5 C. cold **water**
- 1/2 C. fresh **lime** juice
- 1 1/2 C. **sugar**

Directions

- In a pitcher, add the dissolved sugar, mango puree and water and mix well.
- Add the lime juice and stir to combine.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	15 mins

Nutritional Information:

Calories	703.1
Fat	0.4g
Cholesterol	0.0mg
Sodium	16.3mg
Carbohydrates	183.2g
Protein	1.1g

* Percent Daily Values are based on a 2,000 calorie diet.



PERSIAN LEMONADE

Ingredients

- 5 1/3 C. **water**
- 1 C. granulated **sugar**
- 1 1/3 C. fresh **lemon** juice
- 2 1/2-3 1/2 tsp rose **water**

Directions

- In a pan, add the sugar and water over medium-low heat and cook until sugar dissolves, stirring continuously.
- Remove from the heat and keep aside to cool completely.
- Transfer the cooled sugar syrup into a pitcher with the lemon juice and rose water and mix well.
- Place in the fridge to chill completely.
- Enjoy chilled.

Servings per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	1 hr 5 mins

Nutritional Information:

Calories	142.5
Fat	0.0g
Cholesterol	0.0mg
Sodium	4.7mg
Carbohydrates	38.0g
Protein	0.2g

* Percent Daily Values are based on a 2,000 calorie diet.

ENGLISH BREWED LEMONADE

Ingredients

- 4 C. brewed green **tea**
- 1 C. fresh **lemon** juice
- 1/4 C. **honey**
- **ice**
- 4 **lemon** wedges

Directions

- Add all the ingredients except the ice into a pitcher and with a long wooden spoon, stir to combine.
- Stir in the ice and enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	82.2
Fat	0.1g
Cholesterol	0.0mg
Sodium	8.7mg
Carbohydrates	23.0g
Protein	0.3g

* Percent Daily Values are based on a 2,000 calorie diet.

2-BERRY LEMONADE

Ingredients

- 1/2 **kiwi**
- 3 medium **strawberries**
- 1 **lemon**
- 1/2 C. **water**
- 1 -1 1/2 tbsp **sugar**
- 2 **ice cubes**

Directions

- With your hands, squeeze the strawberries and kiwi into bowl.
- Squeeze the lemons in the bowl with a lemon squeezer.
- Add the sugar and water and stir until sugar is dissolved.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	98.1
Fat	0.4g
Cholesterol	0.0mg
Sodium	6.2mg
Carbohydrates	25.8g
Protein	1.2g

* Percent Daily Values are based on a 2,000 calorie diet.

NORTH CAROLINA STYLE LEMONADE

Ingredients

- 1/3 C. fresh **lemon** juice
- 2 C. **water**
- 2 C. fresh **blueberries**
- 1/2 C. **sugar**

Directions

- In a food processor, add all the ingredients and pulse until smooth.
- With a fine mesh strainer, strain the mixture into a pitcher.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	20 mins
Total Time	20 mins

Nutritional Information:

Calories	114.7
Fat	0.2g
Cholesterol	0.0mg
Sodium	3.8mg
Carbohydrates	29.7g
Protein	0.4g

* Percent Daily Values are based on a 2,000 calorie diet.

COUNTRY FRUIT LEMONADE

Ingredients

- 2 (12 oz.) cans frozen **lemonade** concentrate, thawed
- 2 (10 oz.) packages frozen sweetened **raspberries**, thawed
- 2 -4 tbsp **sugar**
- 2 liters club **soda**, chilled
- **ice cube**

Directions

- In a food processor, add the sugar, raspberries and lemonade concentrate and pulse until well combined.
- Through a strainer, strain the mixture, pressing with the back of a spoon.
- In a large pitcher, add the club soda, raspberry mixture and ice cubes and stir to combine well.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	685.3
Fat	2.0g
Cholesterol	0.0mg
Sodium	139.3mg
Carbohydrates	174.4g
Protein	1.6g

* Percent Daily Values are based on a 2,000 calorie diet.

CARIBBEAN STYLE LEMONADE

Ingredients

- 1 C. **sugar**
- 1 C. boiling **water**
- 3 1/2 C. cold **water**, divided
- 3 C. peeled chopped **papayas**
- 1 C. fresh **lemon** juice

Directions

- In a bowl, add the boiling water and sugar and mix until sugar is dissolved completely.
- Keep aside to cool for about 4-5 minutes.
- In a food processor, add the papaya, sugar syrup, lemon juice and 2 C. of the cold water and pulse until smooth.
- Transfer the mixture into a pitcher with the remaining cold water and stir to combine.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	10 mins
Total Time	15 mins

Nutritional Information:

Calories	124.8
Fat	0.0g
Cholesterol	0.0mg
Sodium	4.5mg
Carbohydrates	32.7g
Protein	0.4g

* Percent Daily Values are based on a 2,000 calorie diet.

SPRING TIME LEMONADE

Ingredients

- 6 jasmine green **tea** bags
- 1/2-1 C. **sugar**
- 1 tbsp **lemon** zest
- 9 C. filtered **water**
- 1 C. fresh **lemon** juice

Garnish

- jasmine fresh **edible flower**
- fresh **lemon** rind
- **mint** leaf

Directions

- In the reserve of the coffee maker, add the water.
- Put the unbleached filter in the coffee filter.
- Add the sugar, tea bags and lemon zest and process until sugar is dissolved.
- Transfer the tea into a pitcher and keep aside to cool completely.
- Add the lemon juice and stir to combine.
- Add enough ice cubes to fill the pitcher.
- Transfer into ice filled glasses and enjoy with a garnishing of the jasmine flower, lemon rind or mint leaves.

Servings per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	10 mins

Nutritional Information:

Calories	73.9
Fat	0.1g
Cholesterol	0.0mg
Sodium	11.3mg
Carbohydrates	19.6g
Protein	0.1g

* Percent Daily Values are based on a 2,000 calorie diet.



LEMONADE CAKE

Ingredients

- 1 (15 oz.) packages yellow **cake mix**
- 1 (3 oz.) packages **Jell-O** vanilla
- 4 oz. country time **lemonade** mix, divided
- 1 C. cold **water**
- 4 **eggs**
- 1/4 C. **oil**
- 3 tbsp warm **water**
- 1 C. powdered **sugar**

Directions

- Set your oven to 350 degrees F before doing anything else and grease and flour a fluted tube pan.
- In a bowl, add the 1/4 C. of the drink mix, pudding mix, cake mix, oil, eggs and 1 C. of the water and with an electric mixer, beat on low speed for about 1 minute.
- Now, set the mixer on medium speed and beat for about 4 minutes.
- Transfer the mixture into the prepared tube pan evenly.
- Cook in the oven for about 50-55 minutes or until a toothpick inserted in the center comes out clean.
- Remove from the oven and keep onto the wire rack to cool in the pan for about 10 minutes.
- Carefully, invert the cake onto a platter.
- Meanwhile, for the glaze: in a bowl, add the remaining 1/4 C. of the drink and 3 tbsp of the warm water and mix until well combined.
- Add the powdered sugar and beat until well combined.
- With a fork, poke the warm cake at many places about 1-inch apart.

- Place the glaze over the warm cake and keep aside until glaze absorbs completely.

Servings per Recipe: 10

Timing Information:

Preparation	8 mins
Total Time	1 hr 3 mins

Nutritional Information:

Calories	339.8
Fat	12.3g
Cholesterol	75.2mg
Sodium	432.8mg
Carbohydrates	53.3g
Protein	4.3g

* Percent Daily Values are based on a 2,000 calorie diet.

BLACK TEA LEMONADE

Ingredients

- 3/4 C. Splenda **granular**
- 1 tbsp grated fresh **ginger root**
- 12 allspice **berries**
- 8 whole **cloves**
- 4 black **tea** bags
- 2/3 C. **lemon** juice
- 2 unpeeled **oranges**, sliced

Directions

- In a pot, add the 1 C. of water, ginger root, sugar, allspice and cloves over medium heat and cook until boiling, stirring continuously.
- Set the heat to low and cook for about 4-5 minutes.
- Remove from the heat and stir in the teabags.
- Keep aside, covered for about 6 minutes.
- Through a fine mesh strainer, strain into a pitcher.
- Add the orange juice, lemon juice and 3 C. of the cold water and with the back of a spoon, crush the oranges slightly.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	5 mins
Total Time	20 mins

Nutritional Information:

Calories	42.1
Fat	0.0g
Cholesterol	0.0mg
Sodium	0.6mg
Carbohydrates	11.4g
Protein	0.8g

* Percent Daily Values are based on a 2,000 calorie diet.

EARLY AUTUMN LEMONADE

Ingredients

- 10 -12 medium **lemons**, scrubbed well, halved
- 3 tbsp grated fresh **ginger**
- 1 1/4 C. granulated **sugar**
- 1 pinch **salt**
- 5 C. cold **water**

Directions

- In a bowl, add the sugar, salt, ginger and lemons and with a wooden spoon, crush for about 5 minutes.
- Through a strainer, strain the syrup and lemon slices in 2 batches, pressing with the back of a spoon.
- In a pitcher, add the lemon mixture and water and mix well.
- Refrigerate until chilled completely.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	191.6
Fat	0.3g
Cholesterol	0.0mg
Sodium	8.6mg
Carbohydrates	51.2g
Protein	1.1g

* Percent Daily Values are based on a 2,000 calorie diet.

PERSIAN LEMONADE II

Ingredients

- 1 C. **water**
- 1 large **lemon**, juiced
- 1 tbsp **honey**
- 1 small dashes orange blossom **water**

Directions

- In a pitcher, add all the ingredients and mix until well combined.
- Refrigerate until chilled completely.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	88.2
Fat	0.2g
Cholesterol	0.0mg
Sodium	9.6mg
Carbohydrates	25.1g
Protein	0.9g

* Percent Daily Values are based on a 2,000 calorie diet.

VIRGINIA STATE LEMONADE

Ingredients

- 4 C. **water**
- 1 C. **sugar**
- 1 C. **lemon** juice
- 1 tbsp grated **lemon** peel
- 1 C. **blackberry**
- 1 -2 drop blue food **coloring**

Directions

- In a pan, add the sugar and 2 C. of the water and cook until boiling, mixing frequently.
- Cook for about 3 minutes.
- Remove from the heat and stir in the lemon peel, lemon juice and remaining 2 C. of the water.
- Keep aside to cool for some time.
- In a food processor, add the blackberries and 1 C. of the lemon mixture and pulse until well combined.
- Through a strainer, strain the mixture into a pitcher.
- In a pitcher, add the blackberries and remaining lemon mixture and food coloring and stir to combine well.
- Refrigerate until chilled completely.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	15 mins
Total Time	17 mins

Nutritional Information:

Calories	599.8
Fat	0.4g
Cholesterol	0.0mg
Sodium	15.4mg
Carbohydrates	157.2g
Protein	2.0g

* Percent Daily Values are based on a 2,000 calorie diet.

ORANGE LEMONADE

Ingredients

- 3 **tea** bags tag and string removed
- 3 C. boiling **water**
- 1 (12 oz.) cans frozen **lemonade** concentrate
- 1 tsp **orange** extract

Directions

- In a pitcher, add the water and tea bags and keep aside, covered for about 12-15 minutes.
- Add the orange extract and lemonade concentrate and mix well.
- Add enough cold water to fill the pitcher.
- Refrigerate for about 4-5 hours.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	5 mins
Total Time	3 hrs. 5 mins

Nutritional Information:

Calories	108.8
Fat	0.3g
Cholesterol	0.0mg
Sodium	6.5mg
Carbohydrates	27.3g
Protein	0.1g

* Percent Daily Values are based on a 2,000 calorie diet.

4TH GRADE LEMONADE

Ingredients

- 1 (12 oz.) cans **lemonade** concentrate
- **water**
- 1/4 C. chocolate **syrup**

Directions

- In a pitcher, add the water and lemonade concentrate and mix well.
- Add the chocolate syrup and stir to combine well.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	1763.6
Fat	14.8g
Cholesterol	3.0mg
Sodium	553.1mg
Carbohydrates	416.1g
Protein	9.0g

* Percent Daily Values are based on a 2,000 calorie diet.

DEEP LEMONADE

Ingredients

- 8 C. **water**
- 1 C. **sugar**
- 2 blood **oranges**, juice
- 2 **lemons**, juice
- 1 tsp orange blossom **water**

Directions

- In a pitcher, add the sugar and water and mix until sugar is dissolved.
- Add orange juice, lemon juice and blossom water and mix well.
- Refrigerate to chill completely.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 10

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	87.2
Fat	0.0g
Cholesterol	0.0mg
Sodium	6.1mg
Carbohydrates	22.4g
Protein	0.1g

* Percent Daily Values are based on a 2,000 calorie diet.

3-INGREDIENT LEMONADE-TEA

Ingredients

- 5 bags **tea**
- 1 quart **water**
- 1 C. sweetened **strawberry-lemonade** drink **mix**

Directions

- In a pan, add the water and tea bags and cook until boiling.
- Keep aside for about 35-40 minutes.
- In a pitcher, add the tea and drink mix and mix until well combined.
- Add enough cold water to fill the pitcher.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	5 mins
Total Time	35 mins

Nutritional Information:

Calories	8.7
Fat	0.0g
Cholesterol	0.0mg
Sodium	5.5mg
Carbohydrates	2.1g
Protein	0.0g

* Percent Daily Values are based on a 2,000 calorie diet.



MANDY'S MANGO LEMONADE

Ingredients

- 3 large ripe **mangoes**, peeled and seeded
- 1/2 C. **sugar**
- 2 tbsp lime juice
- 2 1/2 C. **water**
- 1 C. **lemon** juice

Directions

- In a food processor, add the sugar and mangoes and pulse until smooth.
- Transfer the pureed mango mixture into a pitcher.
- Add the lemon juice and water and stir to combined.
- Enjoy chilled.

Servings per Recipe: 4

Timing Information:

Preparation	2 mins
Total Time	2 mins

Nutritional Information:

Calories	291.6
Fat	1.3g
Cholesterol	0.0mg
Sodium	8.3mg
Carbohydrates	74.5g
Protein	2.6g

* Percent Daily Values are based on a 2,000 calorie diet.

NEW LEMONADE TECHNOLOGY TEA

Ingredients

- 4 C. brewed tea
- 3 C. water
- 1 (6 oz.) cans frozen lemonade, thawed
- 1/4 C. sugar
- 1 tsp almond extract

Directions

- In a pitcher, add all the ingredients and stir until well combined.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	70.8
Fat	0.1g
Cholesterol	0.0mg
Sodium	7.9mg
Carbohydrates	17.8g
Protein	0.0g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE TUNISIAN

Ingredients

- 8 **lemons**, juiced
- 3/4 C. **sugar**
- 1 tsp orange blossom **water**
- 1/4 C. chopped **mint**
- **water**
- **ice cube**

Directions

- In a pitcher, add the lemon juice and sugar and stir until dissolved.
- Add the mint and orange blossom water and stir to combine well.
- Divide the lemonade into serving glasses and fill with the ice and water.
- Enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	120.8
Fat	0.2g
Cholesterol	0.0mg
Sodium	2.9mg
Carbohydrates	32.5g
Protein	0.9g

* Percent Daily Values are based on a 2,000 calorie diet.

FRENCH LEMONADE

Ingredients

- 1 C. **sugar**
- 5 C. **water**, divided
- 1 tbsp dried **lavender**
- 1 C. fresh-squeezed **lemon** juice

Directions

- In a pot, add the 2 C. of the water and sugar and cook until boiling, stirring continuously.
- Add the lavender and stir to combine.
- Remove from the heat and keep aside, covered for about 1-2 hours.
- Through a strain, strain the mixture into a pitcher.
- Add remaining 2 C. of the water and lemon juice and mix well.
- Transfer into ice filled glasses and enjoy with the garnishing of the fresh lavender flowers.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	208.7
Fat	0.0g
Cholesterol	0.0mg
Sodium	6.5mg
Carbohydrates	55.2g
Protein	0.2g

* Percent Daily Values are based on a 2,000 calorie diet.

COLLEGE LEMONADE

Ingredients

- 1 1/4 C. **lemon** juice
- 3/4 C. **sugar**
- 6 C. **apple** juice, unsweetened
- 1 C. **water**

Directions

- In a food processor, add the sugar, 1/2 C. of the apple juice and lemon juice and pulse until well combined.
- Keep aside or about 8-10 minutes.
- Now, pulse for about 30-40 seconds.
- Add 2 C. apple juice and the ice and pulse on low until well combined.
- In a pitcher, place the mixture with the remaining apple juice and mix well.
- Enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	169.5
Fat	0.2g
Cholesterol	0.0mg
Sodium	6.5mg
Carbohydrates	43.7g
Protein	0.2g

* Percent Daily Values are based on a 2,000 calorie diet.

CUPCAKES-LIMON

Ingredients

Cakes

- 1 C. all-purpose **flour**
- 1/2 tsp **baking powder**
- 1/4 tsp **baking soda**
- 1 pinch **salt**
- 1/2 C. granulated **sugar**
- 1/4 C. canola **oil**
- 2 **egg** whites
- 1/3 C. frozen pink **lemonade** concentrate, thawed
- 1/4 C. **buttermilk**
- 3 drops red food **coloring**

Frosting

- 1 1/2 C. icing **sugar**, sifted to remove lumps
- 1/2 C. unsalted **butter**
- 1 pinch **salt**
- 1/4 C. whipping **cream**
- 2 tsp frozen pink **lemonade** concentrate, thawed
- 1 tsp **lemon** extract
- 3 drops red food **coloring**

Directions

- Set your oven to 375 degrees F before doing anything else and line 10 cups of a muffin pan with the paper liners.
- In a bowl, add the flour, baking soda, baking powder and salt and mix well.
- In another bowl, add the lemonade concentrate, oil, sugar and egg whites and beat until smooth.

- Add the flour mixture in three additions alternately with the buttermilk and beat until just combined.
- Add the food coloring and stir to combine.
- Transfer the mixture into the prepared muffin cups evenly.
- Cook in the oven for about 20-25 minutes or until a toothpick inserted in the center comes out clean.
- Remove from the oven and keep onto the wire rack to cool in the pan for about 5-10 minutes.
- Carefully, invert the cupcakes onto the wire rack to cool completely.
- Meanwhile, for the frosting: in a bowl, add the butter, sugar and salt and with an electric mixer, beat on low speed until creamy.
- Now, beat on high speed until fluffy.
- Add the lemon extract and lemonade concentrate and beat until well combined.
- Add the cream and beat until fluffy.
- Spread the frosting over the cooled cupcakes and enjoy.

Servings per Recipe: 10

Timing Information:

Preparation	10 mins
Total Time	35 mins

Nutritional Information:

Calories	332.2
Fat	17.1g
Cholesterol	32.8mg
Sodium	102.6mg
Carbohydrates	43.4g
Protein	2.4g

* Percent Daily Values are based on a 2,000 calorie diet.

RIO DE JANEIRO RESTAURANT

LEMONADE

Ingredients

- 2 **limes**, wedges
- 1/2 C. **sugar**
- 3 tbsp **milk**, sweetened condensed
- 3 C. **water**
- **ice**

Directions

- In a food processor, add the sugar, limes, water, condensed milk and ice and pulse until smooth.
- Through a sieve, strain the mixture, pressing with the back of a spoon.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	114.1
Fat	0.4g
Cholesterol	1.6mg
Sodium	11.8mg
Carbohydrates	29.0g
Protein	0.6g

* Percent Daily Values are based on a 2,000 calorie diet.

HEIRLOOM KITCHEN LEMONADE

Ingredients

- 1 C. unbleached white **sugar**
- 1/2 C. filtered **water**
- 1 tbsp grated **ginger**
- 1 tbsp chopped fresh grown **lemon verbena** plant leaves
- 1 C. **blueberries**
- 1/2 C. fresh **lemon** juice
- 4 C. filtered **water**

Directions

- In a pan, add the lemon verbena, ginger, 1/2 C. of the sugar and 1/2 C. of the water and cook for about 2 minutes, stirring continuously.
- Remove from the heat and place the sugar syrup into a container.
- Refrigerate, covered to chill before using.
- In a food processor, add the remaining 1/2 C. of the sugar and blueberries and pulse until smooth.
- Add the remaining water and lemon juice and pulse until well combined.
- In a bowl, add the chilled syrup and blueberry mixture and mix well.
- Through a strainer, strain the mixture into a pitcher.
- Transfer into ice filled glasses and enjoy with the whole fresh lemon verbena leaves.

Servings per Recipe: 6

Timing Information:

Preparation	10 mins
Total Time	11 mins

Nutritional Information:

Calories	150.4
Fat	0.1g
Cholesterol	0.0mg
Sodium	6.3mg
Carbohydrates	38.9g
Protein	0.3g

* Percent Daily Values are based on a 2,000 calorie diet.

SUMMER SOLSTICE LEMONADE

Ingredients

- **lemonade**
- 1 pint fresh **raspberry**
- 1 bunch fresh **mint** leaves

Directions

- In each section of an ice cube tray, put 1 mint leaf and 1 raspberry.
- now, add enough lemonade in each section to fill it.
- Place the ice cube tray in freezer until set completely.
- Fill ice cube tray with lemonade and freeze until set.
- After freezing, add the cubes in lemonade.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	81.1
Fat	1.0g
Cholesterol	0.0mg
Sodium	1.5mg
Carbohydrates	18.6g
Protein	1.8g

* Percent Daily Values are based on a 2,000 calorie diet.



LEMONADE MADRAS

Ingredients

- 11 C. **water** (divided)
- 2/3 C. **sugar**
- 9 -10 **lemons**, juiced
- 1 tsp **salt**

Directions

- For the sugar syrup: in a pan, add the sugar and 1 C. of the water and cook until sugar is dissolved, stirring continuously.
- Remove from the heat and keep aside to cool completely.
- Through a fine mesh strainer, strain the seeds from the lemon juice and keep aside.
- In a pitcher, add the lemon juice, cooled sugar syrup, 1 tsp of salt and 10 C. of the cold water and stir to combine.
- Transfer into ice filled glasses and enjoy

Servings per Recipe: 10

Timing Information:

Preparation	10 mins
Total Time	20 mins

Nutritional Information:

Calories	66.7
Fat	0.1g
Cholesterol	0.0mg
Sodium	241.5mg
Carbohydrates	18.2g
Protein	0.5g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE IN FRANCE

(CITRON PRESSE)

Ingredients

- 2 C. **sugar**
- peel from 2 **lemon**, julienned
- 2 C. water
- **mint** sprig
- juice of half a **lemon**

Directions

- For the lemon syrup: in a pot, add the lemon, sugar and water and cook until boiling.
- Cook for about 5 minutes.
- Remove from the heat and keep aside to cool.
- Transfer the syrup into a glass jar and place in the fridge until using.
- In a serving glass, place 1 tbsp of the lemon syrup, lemon juice, mint sprig and a few ice cubes.
- Add enough cold water and stir to combine.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	1548.0
Fat	0.0g
Cholesterol	0.0mg
Sodium	18.2mg
Carbohydrates	399.9g
Protein	0.0g

* Percent Daily Values are based on a 2,000 calorie diet.

LENA'S LEMONADE

Ingredients

- 2 tbsp fresh squeezed **lemon** juice
- 2 tbsp Maple **syrup**
- 1/4 tbsp Cayenne **Pepper**
- 1 C. of purified distilled **water**

Directions

- In a pitcher, add all the ingredients and mix well.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	112.1
Fat	0.1g
Cholesterol	0.0mg
Sodium	5.2mg
Carbohydrates	29.1g
Protein	0.1g

* Percent Daily Values are based on a 2,000 calorie diet.

MEXICAN LEMONADE

Ingredients

- 4 C. **water**, divided
- 2 C. **sugar**
- 1 vanilla **bean**, split
- 3 C. fresh **lemon** juice

Directions

- In a pot, add sugar, vanilla bean and 2 C. of the water over medium-high heat and cook until boiling.
- Cook for about 1 minute.
- Remove from the heat and keep aside to cool completely.
- Add 2 C. of the water and lemon juice and mix well.
- Place in fridge to chill completely.
- Transfer into ice filled glasses and enjoy with a garnishing of the maraschino cherries, lemon slices and fresh mint.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	12 mins

Nutritional Information:

Calories	865.5
Fat	0.0g
Cholesterol	0.0mg
Sodium	13.1mg
Carbohydrates	231.5g
Protein	1.3g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE LEVANTINE

Ingredients

- 4 large fresh **lemons**, juiced
- 1 C. white **sugar** substitute
- 6 C. **water**
- 2 fresh **oranges**, juice, squeezed
- 1 tbsp orange blossom **water**

Directions

- In a pitcher, add all the ingredients and mix until well combined..
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	15 mins
Total Time	1 hr 15 mins

Nutritional Information:

Calories	143.4
Fat	0.2g
Cholesterol	0.0mg
Sodium	6.9mg
Carbohydrates	41.0g
Protein	0.8g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE FOR LOVERS

Ingredients

- 4 C. **water**
- 1/4 C. organic fresh **edible lavender**, well rinsed
- 1 fresh **lemon**, zest
- 1 C. fresh lemon juice
- 1 C. **sugar**
- **lemon** slice

Directions

- In a pan, add 1 C. of the water and cook until boiling.
- Stir in the lemon zest and lavender and remove from the heat.
- Keep aside, covered for about 60-70 minutes.
- Through a strainer, strain the lavender mixture into a pitcher.
- Add the sugar, lemon juice and remaining 3 C. of the water and mix until sugar is dissolved completely.
- Transfer into ice filled glasses and enjoy with a garnishing of the lemon slices.
- You can enjoy this tea hot with honey.

Servings per Recipe: 5

Timing Information:

Preparation	10 mins
Total Time	1 hr 10 mins

Nutritional Information:

Calories	165.5
Fat	0.1g
Cholesterol	0.0mg
Sodium	6.5mg
Carbohydrates	43.3g
Protein	0.1g

* Percent Daily Values are based on a 2,000 calorie diet.

LUNCH TRUCK LEMONADE

Ingredients

- 1 C. **honey**
- 1 C. hot **water**
- 3/4 C. **lemon** juice
- 8 C. cold **water**

Directions

- In a pan, add the hot water and honey over low heat and cook until well combined.
- Remove from the heat and keep aside to cool completely.
- Stir in the cold water and lemon juice.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	3 mins
Total Time	13 mins

Nutritional Information:

Calories	134.5
Fat	0.0g
Cholesterol	0.0mg
Sodium	7.2mg
Carbohydrates	36.8g
Protein	0.2g

* Percent Daily Values are based on a 2,000 calorie diet.

RED LEMONADE

Ingredients

- 6 oz. **lemon** juice, fresh squeezed
- 4 tbsp confectioners' **sugar**
- 24 oz. **water**
- 4 oz. **cherry** juice concentrate

Directions

- In a pitcher, add the sugar and lemon juice and mix until sugar is dissolved completely.
- Add the cherry juice concentrate and water and mix well.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	167.0
Fat	0.0g
Cholesterol	0.0mg
Sodium	15.7mg
Carbohydrates	46.5g
Protein	0.6g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE ICEE'S

Ingredients

- 2 C. **lemon** juice
- 1 1/2 C. fresh **raspberries**
- 1 1/2 C. fresh **blueberries**
- 1 C. **sugar**
- 3 C. cold **water**

Directions

- In a food processor, add the sugar, both berries and lemon juice and pulse until smooth.
- Through a fine mesh strainer, strain the mixture by pressing with the back of a wooden spoon.
- In a pitcher, add the water and berry mixture and mix well.
- Now, transfer the mixture into a container.
- Seal the container and place in the freezer for all the night.
- Remove from the freezer and keep aside in room temperature for about 45 minutes.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	15 mins
Total Time	8 hrs. 15 mins

Nutritional Information:

Calories	551.9
Fat	1.5g
Cholesterol	0.0mg
Sodium	16.1mg
Carbohydrates	143.9g
Protein	2.7g

* Percent Daily Values are based on a 2,000 calorie diet.



ARIZONA MESA LEMONADE

Ingredients

- 1/2 C. **sugar**
- 1/2 C. **water**
- 1/2 C. lightly packed **mint** leaves
- 1 C. fresh **lemon** juice
- 1 1/2 C. cold **water**
- 6 oz. **blueberries**
- 1 C. **ice cube**
- seltzer **water**

Directions

- In a pan, add the mint, sugar and water and cook until boiling, mixing continuously.
- Cook until a syrup is formed.
- Remove from the heat and keep aside to cool.
- Through a strainer, strain the syrup into a pitcher.
- Add the water and lemon juice and mix well.
- Divide blueberries and ice cubes in serving glasses.
- Pour lemonade and seltzer water and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	548.6
Fat	1.2g
Cholesterol	0.0mg
Sodium	30.4mg
Carbohydrates	143.8g
Protein	2.6g

* Percent Daily Values are based on a 2,000 calorie diet.

RACHELA'S SWEET LEMONADE WITH VEGETABLE SYRUP

Ingredients

Vegetable Syrup:

- 2 large stalk **rhubarb**, chopped
- 1/4 C. **lemon** juice
- 1 large **lemon**, zest
- 3/4 C. **sugar**
- 1 C. **water**

Lemonade:

- 1 part rhubarb lemon **syrup**
- 2 parts **water**
- **ice**

Directions

- For the rhubarb syrup: in a pot, add the sugar, rhubarb, lemon zest, lemon juice and water over medium heat and cook for about 11-12 minutes.
- Through a strainer, strain the mixture into a pitcher and refrigerate to chill.
- In each ice filled serving glass, place 1 portion of the cooled syrup and 2 portions of the water and mix well.
- Enjoy.

Servings per Recipe: 10

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	59.7
Fat	0.0g
Cholesterol	0.0mg
Sodium	0.9mg
Carbohydrates	15.5g
Protein	0.0g

* Percent Daily Values are based on a 2,000 calorie diet.

GREEK LEMONADE

Ingredients

- 3 tbsp fresh **rosemary**, chopped
- 1/4 C. **sugar**
- 1 C. **water**
- 1 (12 oz.) cans frozen **lemonade** concentrate, thawed
- 3 (12 oz.) cans **water**

Directions

- In a pan, add the sugar, rosemary and 1 C. of the water over medium heat and cook until boiling.
- Cook for about 5 minutes.
- Through a strainer, strain the mixture into a bowl.
- Let the mixture cool completely.
- In a pitcher, add the cooled rosemary mixture, lemonade concentrate and water and mix well.
- Transfer into ice filled glasses and enjoy with a garnishing of the fresh rosemary sprigs.

Servings per Recipe: 24

Timing Information:

Preparation	10 mins
Total Time	15 mins

Nutritional Information:

Calories	44.1
Fat	0.1g
Cholesterol	0.0mg
Sodium	2.9mg
Carbohydrates	11.2g
Protein	0.0g

* Percent Daily Values are based on a 2,000 calorie diet.

FESTIVAL LEMONADE

Ingredients

- 1 C. **water**
- 1 C. **sugar**
- 10 rose-scented **geranium** leaves
- 1 C. **lemon** juice
- chilled **water**

Directions

- In a pan, add the sugar and water and cook until boiling.
- Remove from the heat and stir in the geranium leaves.
- Keep aside, covered for whole night.
- Squeeze the geranium leaves twice.
- Stir in the lemon and transfer the mixture into bottle.
- Place in the fridge to cool.
- In each ice filled serving glass, add 1 tbsp of the concentrate and 1 C. of the chilled water and stir to combine.
- Enjoy with a garnishing of the scented geranium leaves.

Servings per Recipe: 1

Timing Information:

Preparation	15 mins
Total Time	17 mins

Nutritional Information:

Calories	827.6
Fat	0.5g
Cholesterol	0.0mg
Sodium	11.5mg
Carbohydrates	216.8g
Protein	0.8g

* Percent Daily Values are based on a 2,000 calorie diet.

VIETNAMESE LEMONADE

Ingredients

Syrup:

- 1 liter **water**
- 650 g **sugar**

Lemonade:

- 160 ml simple **syrup**
- 6 **lime** slices
- 8 sprigs of fresh **mint**
- 4 sprigs of fresh **mint**
- 80 ml fresh squeezed lime **juice**
- sparkling **water**

Directions

- For the simple syrup: in a pot, add the sugar and water and cook until boiling, mixing continuously.
- Cook until the sugar dissolves completely.
- Remove from the heat and keep aside to cool.
- Place 2 mint sprigs and 1 lime slice in each serving glass.
- Now, place the simple syrup, lime juice and ice cubes in each glass and mix well.
- Add enough sparkling water to fill each glass and enjoy with a garnishing of the remaining mint sprigs.

Servings per Recipe: 4

Timing Information:

Preparation	15 mins
Total Time	15 mins

Nutritional Information:

Calories	633.9
Fat	0.0g
Cholesterol	0.0mg
Sodium	5.3mg
Carbohydrates	164.1g
Protein	0.0g

* Percent Daily Values are based on a 2,000 calorie diet.

ISRAELI STYLE LEMONADE

Ingredients

- 1 1/4 C. **water**
- 1 1/4 C. **sugar**
- 1/4 C. **lemon** verbena leaf
- 5 C. fresh **lemon** juice, strained

Flavored Ice

- boiled **water**, cooled
- 24 **lemon** verbena leaves

Directions

- For the verbena ice cubes: fill each section of 2 ice cube trays with enough water to come halfway through.
- Place in the freezer until set.
- Now, place 1 lemon verbena leaf over each cube and pour water to fill the each section completely.
- Place in the freezer for up to 6-7 days.
- In a pot, add the sugar and 4 C. of the water and cook until boiling.
- Cook until the sugar dissolves completely.
- Remove from the heat and stir in the lemon verbena.
- Keep aside, covered for about 20 minutes.
- Through a fine mesh strainer, strain the mixture into a bowl and keep aside to cool.
- In a pitcher, add the lemon verbena syrup and lemon juice and mix well.
- Fill each serving glass with lemon verbena ice cubes.
- Pour the lemonade and enjoy.

Servings per Recipe: 6

Timing Information:

Preparation	30 mins
Total Time	30 mins

Nutritional Information:

Calories	212.0
Fat	0.0g
Cholesterol	0.0mg
Sodium	3.0mg
Carbohydrates	59.2g
Protein	0.7g

* Percent Daily Values are based on a 2,000 calorie diet.

OCTOBER CINNAMON CLOVE LEMONADE

Ingredients

- 6 C. **water**, divided
- 3/4 C. **sugar**
- 2 **cinnamon** sticks
- 6 whole **cloves**
- 1 large **lime**, sliced
- 1 **lemon**, sliced
- 3/4 C. fresh **lemon** juice

Directions

- In a pot, add the sugar, cloves, cinnamon sticks and 4 C. of the water and cook until boiling.
- Set the heat to low and cook for about 9 minutes.
- Remove from the heat and remove the cloves and cinnamon sticks.
- Keep side to cool completely.
- In a pitcher, add the lemon, lime slices, lemon juice, sugar syrup and remaining water and mix well.
- Refrigerate for about 2 hours.
- Enjoy chilled.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	15 mins

Nutritional Information:

Calories	333.9
Fat	0.2g
Cholesterol	0.0mg
Sodium	17.4mg
Carbohydrates	92.1g
Protein	1.2g

* Percent Daily Values are based on a 2,000 calorie diet.



TARRYTOWN LEMONADE

Ingredients

- 10 C. **water**
- 2 1/4 C. **sugar**
- 17 sprigs fresh **tarragon**
- 6 C. fresh **lemon** juice
- 12 **lemon** slices
- **salt**
- **ice**

Directions

- In a pot, add the sugar and 4 C. of water over medium-high heat and cook until boiling, mixing continuously.
- Cook for about 26 minutes, stirring occasionally.
- Remove from the heat and stir in 5 tarragon sprigs.
- Keep aside for about 28 minutes, mixing occasionally.
- Remove the tarragon sprigs.
- In a large pitcher, add the tarragon syrup, lemon juice, remaining water and pinch of salt and mix well.
- Transfer into ice filled glasses and enjoy with a garnishing of the remaining tarragon sprigs and lemon slices.

Servings per Recipe: 12

Timing Information:

Preparation	5 mins
Total Time	30 mins

Nutritional Information:

Calories	177.6
Fat	0.0g
Cholesterol	0.0mg
Sodium	5.3mg
Carbohydrates	48.6g
Protein	0.5g

* Percent Daily Values are based on a 2,000 calorie diet.

SANIBEL ISLAND LEMONADE

Ingredients

- 1 C. fresh **lemon** juice
- 1/2 C. **honey**
- 6 C. sparkling **water**
- 1 **lemon**, zest
- coarse **salt**
- **lemon** wedges

Directions

- In a pan, add the honey and lemon juice and cook until well combined.
- Remove from the heat and keep aside to cool.
- Transfer into a bowl and refrigerate to chill.
- In a pitcher, add the honey syrup and sparkling water and mix well.
- In a shallow dish mix together the coarse salt and lemon zest.
- Massage a lemon wedge over the rim of each serving glass evenly.
- Now, coat the rim of each glass with salt mixture.
- Pour the lemonade and ice in each glass and enjoy.

Servings per Recipe: 8

Timing Information:

Preparation	15 mins
Total Time	25 mins

Nutritional Information:

Calories	72.0
Fat	0.0g
Cholesterol	0.0mg
Sodium	1.3mg
Carbohydrates	20.0g
Protein	0.1g

* Percent Daily Values are based on a 2,000 calorie diet.

HAWAIIAN LEMONADE

Ingredients

- 1 (12 oz.) cans frozen **lemonade** concentrate, thawed
- 1 (12 oz.) cans frozen **orange** juice concentrate, thawed
- 1 (64 oz.) cans **pineapple** juice
- 1 gallon **water**
- 1 tbsp **vanilla**
- 1 tbsp **almond** extract

Directions

- In a pitcher, add all the ingredients and mix well.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	104.7
Fat	0.1g
Cholesterol	0.0mg
Sodium	6.0mg
Carbohydrates	25.3g
Protein	0.7g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE LAKE

Ingredients

- 3 C. **blueberries**
- 1 C. fresh **lemon** juice, reserving the rind
- 1/2 C. **sugar**
- 4 C. **water**
- 1 -1 1/2 tsp **lavender** flowers

Directions

- In a glass bowl, add the blueberries and with the back of a wooden spoon, crush them lightly.
- Add the sugar and lemon juice and mix well.
- In a pot, add the lavender buds and 4 C. of the water and cook until boiling.
- Through a fine mesh strainer, strain the mixture into the bowl of blueberries.
- Stir in the lemon rinds and place in the fridge for about 3 hour.
- Discard the lemon rinds.
- Through a fine mesh strainer, strain the mixture into a strainer.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	15 mins
Total Time	20 mins

Nutritional Information:

Calories	115.9
Fat	0.2g
Cholesterol	0.0mg
Sodium	4.2mg
Carbohydrates	30.6g
Protein	0.6g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE PAGANI

Ingredients

- 3 C. pear **nectar**, chilled
- 1/2 C. fresh **lemon** juice
- 1/3 C. Splenda granular, **sugar** substitute
- 4 tsp **ginger** juice

Directions

- In a pitcher, add all the ingredients and mix until Splenda is dissolved.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	2 mins
Total Time	2 mins

Nutritional Information:

Calories	120.1
Fat	0.0g
Cholesterol	0.0mg
Sodium	7.8mg
Carbohydrates	32.1g
Protein	0.3g

* Percent Daily Values are based on a 2,000 calorie diet.



ROOT LEMONADE

Ingredients

- 2 C. **water**
- 1/2 C. **sugar**
- 1 inch piece **ginger root**, peeled and sliced
- 5 **lemons**, halved
- 2 C. apple **cider**

Directions

- In a pot, add the ginger, sugar and water and cook until boiling.
- Cook for about 1 minute.
- Remove from the heat and stir in the lemons.
- Keep aside for about 30 minutes.
- Carefully, squeeze the lemons to extract the juice.
- Through a fine mesh strainer, strain the lemon mixture into a bowl.
- Add the cider and stir to combine.
- Refrigerate for about 2 hours
- Enjoy chilled.

Servings per Recipe: 12

Timing Information:

Preparation	5 mins
Total Time	40 mins

Nutritional Information:

Calories	41.2
Fat	0.1g
Cholesterol	0.0mg
Sodium	2.1mg
Carbohydrates	13.1g
Protein	0.5g

* Percent Daily Values are based on a 2,000 calorie diet.

LEAFY LEMONADE

Ingredients

- 1/4 C. **lemon** juice, squeezed
- 2 tbsp **sugar**
- 4 leaves **borage**
- 2 C. **water**

Directions

- In a food processor, add all the ingredients and pulse until well combined.
- Through a strainer, strain the mixture into a pitcher.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	56.3
Fat	0.0g
Cholesterol	0.0mg
Sodium	5.0mg
Carbohydrates	15.2g
Protein	0.1g

* Percent Daily Values are based on a 2,000 calorie diet.

LONDON LEMONADE SQUARES

Ingredients

- 18 squares graham **crackers**, crushed
- 1/3 C. **margarine**
- 1 quart vanilla frozen **yogurt**
- 1 (6 oz.) cans frozen **lemonade** concentrate

Directions

- For the crust: in a bowl, add the margarine and graham cracker crumbs and mix well.
- In the bottom of 9-inch square pan, pace the crumb mixture and with your hands, press to smooth the surface.
- In a bowl, add the lemonade concentrate and yogurt and with an electric mixer, beat until smooth.
- Place the lemonade mixture over the crust evenly.
- Place in the freezer for about 5 hours.
- Cut into desired sized squares and enjoy.

Servings per Recipe: 9

Timing Information:

Preparation	5 mins
Total Time	4 hrs. 5 mins

Nutritional Information:

Calories	267.6
Fat	11.7g
Cholesterol	1.2mg
Sodium	220.0mg
Carbohydrates	37.7g
Protein	3.6g

* Percent Daily Values are based on a 2,000 calorie diet.

CANADIAN MEXICAN LEMONADE

Ingredients

- 1 C. fresh **lemon** juice
- 1 C. pure maple **syrup**
- 4 C. **water**
- 1/8-1/4 tsp ground red **pepper**

Directions

- In a pitcher, add all the ingredients and mix well.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	150.3
Fat	0.1g
Cholesterol	0.0mg
Sodium	8.4mg
Carbohydrates	39.5g
Protein	0.1g

* Percent Daily Values are based on a 2,000 calorie diet.

ROSEMARY HONEY LEMONADE

Ingredients

- 1 quart boiling **water**
- 1/4 C. fresh **rosemary** leaves
- 3 medium **lemons**
- 1/4-1/2 C. **honey**
- 1 C. fresh **raspberries**
- **ice cube**
- fresh **edible flower**

Directions

- For the rosemary infusion: in a heat-proof bowl, add the rosemary and boiling water.
- Keep aside for about 18-20 minutes
- Through a strainer, strain it into a bowl.
- Add the fresh lemon and honey and mix well.
- Transfer into glasses with the ice cubes and raspberries.
- Enjoy with a garnishing of the edible flowers.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	95.2
Fat	0.4g
Cholesterol	0.0mg
Sodium	9.5mg
Carbohydrates	25.5g
Protein	0.9g

* Percent Daily Values are based on a 2,000 calorie diet.

MOTHER'S DAY LEMONADE

Ingredients

- 2 C. **sugar**
- 1/2 C. **honey**
- 2 C. **water**
- 1 **vanilla** bean
- 2 1/2 C. fresh **lemon** juice
- **lemon** slice
- **water**

Directions

- Split the vanilla bean in half lengthwise.
- With the back of a knife, scratch the vanilla seeds.
- In a pot, add the honey, sugar, vanilla seeds with pod and 2 C. of the water over medium-high heat and cook until boiling.
- Cook for about 3-5 minutes, stirring frequently.
- Remove from the heat and keep aside to cool completely.
- Through a strainer, strain the sugar syrup into a pitcher.
- Add the lemon juice and enough water to have 1 gallon of the drink and mix well.
- Transfer into ice filled glasses and enjoy with a garnishing of the lemon slices.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	15 mins

Nutritional Information:

Calories	2215.7
Fat	0.0g
Cholesterol	0.0mg
Sodium	22.3mg
Carbohydrates	592.2g
Protein	2.8g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE IN VIETCONG

Ingredients

- 110 g caster **sugar**
- 1/2 C. **ice**
- 250 ml fresh **lemon** juice
- 2 **lemons**, sliced
- 1 bunch **mint** leaf
- 2 1/2 liters mineral **water**

Directions

- In a pitcher, add all the ingredients and stir to combine well.
- Enjoy in tall glasses.

Servings per Recipe: 10

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	53.1
Fat	0.0g
Cholesterol	0.0mg
Sodium	1.4mg
Carbohydrates	15.4g
Protein	0.3g

* Percent Daily Values are based on a 2,000 calorie diet.

SWEET BASIL LEMONADE

Ingredients

- 3 1/2 C. **water**
- 1 C. fresh **basil** leaf, plus
- additional fresh **basil** leaf
- 2 **nectarines**, chopped
- 3/4 C. **sugar**
- 1 C. fresh **lemon** juice

Directions

- In a pot, add the sugar, 1 nectarine, 1 C. of the basil and 2 C. of the water and cook until boiling, mixing continuously.
- Cook for about 5 minutes.
- Remove from the heat and keep aside to cool completely.
- Through a fine mesh strainer, strain the mixture into a pitcher, pressing with the back of a spoon.
- Add the remaining sliced nectarines, lemon juice and 1 1/2 C. of the water and stir to combine.
- Transfer into ice filled glasses and enjoy with a garnishing of the extra basil.

Servings per Recipe: 1

Timing Information:

Preparation	10 mins
Total Time	15 mins

Nutritional Information:

Calories	128.1
Fat	0.2g
Cholesterol	0.0mg
Sodium	5.0mg
Carbohydrates	32.9g
Protein	0.8g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE MONDAY MUFFINS

Ingredients

- 2 C. **flour**
- 9 tbsp **sugar**, divided
- 4 tsp **poppy** seeds
- 3 tsp **baking powder**
- 1/2 tsp **salt**
- 3/4 C. **lemonade** concentrate, divided
- 1/2 C. low-fat **milk**
- 1/3 C. **butter**, melted
- 1 **egg**

Directions

- Set your oven to 350 degrees F before doing anything else and line 12 cups of a muffin pan with the paper liners.
- Add the flour, poppy seeds, 5 tbsp of the sugar, baking powder and salt in a bowl and mix well.
- In a separate bowl, add the eggs, milk, butter and 1/2 C. of the lemonade concentrate and beat until well combined.
- Add the flour mixture and mix until just combined.
- Place the mixture into the prepared muffin cups about 3/4 of the full.
- Cook in the oven for about 15-20 minutes or until a toothpick inserted in the center comes out clean.
- Remove from the oven and keep onto the wire rack to cool in the pan for about 5 minutes.
- Carefully, invert the muffins onto the wire rack.
- Meanwhile, for the glaze: in a bowl, add the remaining lemonade concentrate and sugar and mix well.
- With a fork, poke ye top of each muffin at many places.
- Place the lemonade mixture over each muffin and enjoy.

Servings per Recipe: 12

Timing Information:

Preparation	10 mins
Total Time	30 mins

Nutritional Information:

Calories	206.5
Fat	6.2g
Cholesterol	31.6mg
Sodium	235.6mg
Carbohydrates	34.9g
Protein	3.3g

* Percent Daily Values are based on a 2,000 calorie diet.



DADE COUNTY LEMONADE

Ingredients

- 7 **tea** bags
- 1/2 C. white **sugar**
- 5 C. **water**
- 4 -5 C. **ice cubes**
- 6 **lemons**, squeezed
- 3 sprigs **mint**

Directions

- In a pot, add the water and cook until boiling.
- Add the sugar and stir until dissolve completely.
- Add the mint and teabags and mint and cook until boiling.
- Remove from the heat and keep aside, covered for about 8-10 minutes.
- Remove the mint and tea bags and discard them.
- Stir in the lemon juice.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	30 mins
Total Time	31 mins

Nutritional Information:

Calories	121.9
Fat	0.2g
Cholesterol	0.0mg
Sodium	17.9mg
Carbohydrates	33.1g
Protein	0.9g

* Percent Daily Values are based on a 2,000 calorie diet.

HOW TO MAKE LEMONADE SYRUP

Ingredients

- 450 g caster **sugar**
- 600 ml **water**
- 1 **lemon**, cut into two halves
- 10 large **lemon** verbena leaves
- 10 large **lemon** balm leaves
- 1/4 tsp **tartaric**

Directions

- In a pot, add the lemon halves, sugar and water and Cook until sugar dissolves completely, stirring frequently.
- Stir in the lemon balm leaves and lemon verbena and cook for about 3 minutes.
- Remove from the heat and keep aside to cool completely.
- Stir in the tartaric acid and keep aside, covered for 28-45 hours.
- Through a strainer, strain the mixture.
- Now, transfer the mixture into sterile bottles.
- Seal the bottles tightly and preserve in a cool dark area for 2-3 months.
- In serving glasses, add 1 portion of the syrup with 4 portions of the water and enjoy with a garnishing of lemon verbena leaves.

Servings per Recipe: 1

Timing Information:

Preparation	48 hrs.
Total Time	48 hrs. 5 mins

Nutritional Information:

Calories	881.5
Fat	0.1g
Cholesterol	0.0mg
Sodium	7.5mg
Carbohydrates	230.7g
Protein	0.6g

* Percent Daily Values are based on a 2,000 calorie diet.

CUCUMBER LEMONADE

Ingredients

- 1 bunch **kale**
- 1 **cucumber**
- 1 **lemon**
- 1 granny smith **apple**

Directions

- In a juicer, add all the ingredients and extract the juice according to manufacturer's instructions.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	119.5
Fat	1.1g
Cholesterol	0.0mg
Sodium	48.5mg
Carbohydrates	30.8g
Protein	5.1g

* Percent Daily Values are based on a 2,000 calorie diet.

TODDLER'S LEMONADE

Ingredients

- 2 ripe **bananas**, peeled
- 1 pint cold **water**
- 1 **lime**, juice
- 2 -4 tbsp **sugar**
- **ice**

Directions

- In a microwave-safe bowl, add the banana and microwave on high for about 40-60 seconds.
- In a food processor, add the hot bananas and remaining ingredients and pulse until smooth.
- Through a strainer, strain the mixture into a pitcher.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 2

Timing Information:

Preparation	2 mins
Total Time	4 mins

Nutritional Information:

Calories	158.5
Fat	0.4g
Cholesterol	0.0mg
Sodium	6.3mg
Carbohydrates	41.1g
Protein	1.3g

* Percent Daily Values are based on a 2,000 calorie diet.

HAWAIIAN TRIBAL LEMONADE

Ingredients

- 1 (20 oz.) cans **lychees** in heavy syrup
- 1 (12 oz.) cans frozen **lemonade** concentrate
- 2 1/2 C. **water**
- **ice cube**
- 1 **lemon**, sliced
- 5 sprigs **mint**

Directions

- In a food processor, add the lemonade concentrate, lychees with syrup and water and pulse until smooth.
- Transfer into ice filled glasses and enjoy with a garnishing of the lemon slices and mint sprigs.

Servings per Recipe: 5

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	162.8
Fat	0.2g
Cholesterol	0.0mg
Sodium	6.5mg
Carbohydrates	43.5g
Protein	0.5g

* Percent Daily Values are based on a 2,000 calorie diet.

STATE FAIR LEMONADE

Ingredients

- 1 1/2 C. **lemon** juice, seeds and pith removed
- 1 C. **sugar**
- 4 C. cold **water**
- 2 **lemons**, sliced
- **ice**
- 5 C. pink **cotton candy**

Directions

- In a pitcher, add the sugar and lemon juice and mix until dissolves completely.
- Stir in the lemon slices and cold water and continue stirring until well combined.
- Divide the lemonade and ice into serving glasses.
- Add the cotton candy and stir until dissolves completely.
- Enjoy.

Servings per Recipe: 1

Timing Information:

Preparation	0 mins
Total Time	15 mins

Nutritional Information:

Calories	172.7
Fat	0.2g
Cholesterol	0.0mg
Sodium	10.7mg
Carbohydrates	45.5g
Protein	0.4g

* Percent Daily Values are based on a 2,000 calorie diet.

URBAN GARDEN LEMONADE

Ingredients

- 3 -4 **cucumbers**, peeled and chopped
- 8 -10 **mint** leaves
- 1 **lemonade**
- **ice cube**

Directions

- In a food processor, add the cucumbers and mint and pulse until smooth.
- Through a fine mesh strainer, strain the mixture into a bowl, pressing with the back of a wooden spoon.
- In a pitcher, add the lemonade, cucumber mixture and ice cubes and mix well.
- Enjoy chilled.

Servings per Recipe: 8

Timing Information:

Preparation	10 mins
Total Time	10 mins

Nutritional Information:

Calories	16.9
Fat	0.1g
Cholesterol	0.0mg
Sodium	2.2mg
Carbohydrates	4.1g
Protein	0.7g

* Percent Daily Values are based on a 2,000 calorie diet.

LEMONADE SAINT KITTS

Ingredients

- 3 C. warm **water**
- 2/3 C. **lemon** juice
- 1/2 C. **sugar**
- 2 tbsp coconut **syrup**
- 1/2 C. unsweetened frozen **blueberries**
- 1/2 C. frozen red **raspberries**
- 1 small star **fruit**, sliced
- **ice cube**

Directions

- In a bowl add the sugar, lemon juice, coconut syrup and water and mix until sugar dissolves completely.
- Cover the bowl and place in the fridge for about 8-20 hours.
- In a pitcher, add the lemon mixture, berries and star fruit slices and mix.
- Transfer into ice filled glasses and enjoy.

Servings per Recipe: 4

Timing Information:

Preparation	10 mins
Total Time	2 hrs. 10 mins

Nutritional Information:

Calories	129.0
Fat	0.3g
Cholesterol	0.0mg
Sodium	6.6mg
Carbohydrates	33.1g
Protein	0.5g

* Percent Daily Values are based on a 2,000 calorie diet.

LEBANESE LEMONADE

Ingredients

- 1 whole organic **lemon**
- 1 C. squeezed **lemon** juice
- 1 C. **agave** nectar
- 1 tbsp of grated **ginger**
- **mint** leaves
- 6 -8 C. of filtered **water**

Directions

- In a pot, add the lemon juice and agave and cook until well combined.
- Remove from the heat and keep aside to cool completely.
- In a food processor, add the lemon, ginger and agave syrup and pulse until frothy.
- Add the water and stir to combine.
- Enjoy with a garnishing of the fresh mint leaves.

Servings per Recipe: 1

Timing Information:

Preparation	5 mins
Total Time	5 mins

Nutritional Information:

Calories	87.9
Fat	0.9g
Cholesterol	0.0mg
Sodium	47.6mg
Carbohydrates	25.9g
Protein	1.9g

* Percent Daily Values are based on a 2,000 calorie diet.

BLACK LEMONADE

Ingredients

- 4 C. **water**
- 1 1/2 C. **sugar**
- 6 **lemons**, juice and zest
- 1/2 C. **blackberry**
- 1/2 C. **blueberries**

Directions

- In a pan, add the sugar and 2 C. of the water and cook until sugar is dissolved, stirring continuously.
- Cook for about 4 minutes, stirring frequently.
- Remove from the heat and stir in the lemon juice, lemon zest and remaining water.
- Keep aside to cool completely.
- In a food processor, add both berries and pulse until smooth.
- Add the berry puree into the lemonade and stir to combine.
- Keep aside for about 3 hours.
- Through a strainer, strain the lemonade into pitcher.
- Refrigerate until chilled completely.
- Enjoy chilled.

Servings per Recipe: 1

Timing Information:

Preparation	30 mins
Total Time	30 mins

Nutritional Information:

Calories	1297.5
Fat	1.2g
Cholesterol	0.0mg
Sodium	35.7mg
Carbohydrates	337.4g
Protein	2.5g

* Percent Daily Values are based on a 2,000 calorie diet.

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