

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



HONEY MINT LEMONADE

Annie Novak

Yield: 2 servings

Ingredients

- $\frac{3}{4}$ cup lemon juice (3–5 lemons, depending on ripeness)
- 10 leaves fresh mint
- 2 Tablespoons honey, such as US Grade A Mountain Forest Honey Light Amber*
- 4 cups of water

*365 Everyday Value® products are found exclusively at Whole Foods Market®.

Instructions

Bring 4 cups water to a boil. Using a citrus press or squeezer, juice $\frac{3}{4}$ cup lemon juice. Once the water begins to boil, turn off the heat and add mint leaves. Add honey little by little, tasting after 1–1 $\frac{1}{2}$ Tablespoons for sweetness, stirring to integrate. Let the mint leaves steep for 5–10 minutes, then remove. To serve, prepare a glass pitcher with ice cubes, then combine the lemon juice and tea (mint and honey) water in the pitcher.

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