Fresh Lemon or Limeade



TIPS:

- 1. The hardest part about making fresh lemon or limeade is squeezing the lemons or limes - not hard at all. After that, there's nothing like a glassful of cold liquid sunshine to satisfy a hot summer thirst.
- 2. **Sugar**: Recipes for traditional lemonade, call for equal parts juice to sugar, as shown in this

recipe, meaning 1 tablespoon of sugar for every ounce of juice. That's a lot of sugar. And, though I show how to make the traditional recipe here, I also mention how to reduce sugar intake by using 2 teaspoons of sugar (as shown below, I like using coconut sugar for the flavor, though sugar is sugar chemically - 1/2 glucose (food of life) and 1/2 fructose (sugar that gets stored as fat in your liver)) and about 1/3 teaspoon of stevia (natural plant-based sugar replacement).



Preparation Time: 5-7 minutes

Ingredients (for 1 tall glass)

2 Ounces Lemon or LimeJuice (you'll need 2-3 lemons or limes) 2 Tablespoons Sugar or 2 Teaspoons Sugar + 1/3 Teaspoon Stevia Cold Water Ice

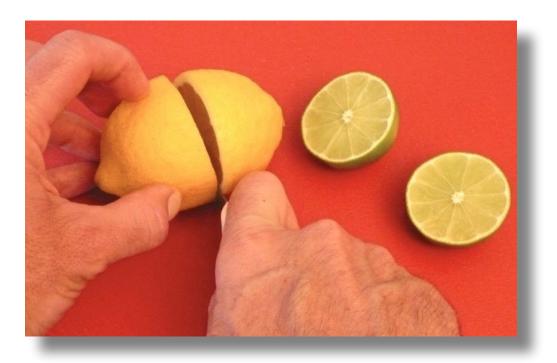


<u>Equipment</u>

Juicer Measuring Cup Tall Glass (the glass shown is 16 ounces and frosted - straight from the freezer) Tablespoon or Teaspoon (depending whether you're using straight sugar or a combination of sugar and stevia) Sharp Knife Cutting Board



1. Use a sharp knife to cut **2-3 lemons** or **limes** in half.



2. Squeeze the **juice** into a measuring cup so that you get...



...about **2 ounces of juice** – it doesn't have to be exact.



3. Add **2 tablespoons sugar** (or **2 teaspoons sugar** + **1/3 teaspoon stevia**) to the **juice** and...



...stir until the **sugar** dissolves completely.



4. Pour the **juice and sugar mixture** into a tall glass,...



...and fill the glass about 2/3's full with ice.



5. Add enough **cold water** to fill the glass most of the way full, making sure...



...to leave about an inch of **free space** at the top of the glass...



... to stir the **drink** comfortably like this. Then...



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...top with **more ice** to fill the glass and serve.



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