

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 Lime Juice (you'll need 2-3 lemons or limes)

2 Tablespoons Sugar or 2 Teaspoons Sugar + 1/3 Teaspoon Stevia

Cold Water

Ice



Equipment

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...



or



...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...



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



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