

# Fresh Homemade Lemonade

**Yield:** 2 serves | **Prep:** 15 min | **Source:** thestranger.online

Refreshing and sharp, perfect for the summer!

## Ingredients

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- 6 Lemons (Unwaxed)
- 1 litre Water
- 1 Large Handful Ice Cubes
- 160 g Caster Sugar (or brown sugar)

## Nutrition

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Kals 590, Fat 2g, Carbs 210g, Sugars 160g, Protein 4g, Salt 0.2g



## Instructions

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1. Place the lemons in a blender and thoroughly blitz along with half of the sugar, half the ice cubes and 500ml water.
2. Strain the juice into a jug to remove any bits of peel, pith and / or pips.
3. Put the lemon pulp (from the first straining) back into the blender. Add the rest of the sugar, ice cubes and 500ml water and blitz thoroughly again.
4. Strain the second serving into the jug to accompany the original juice and discard the pulp.
5. Refrigerate for 1hr (optional) then serve with lots of ice.
6. The addition of a single sprig of fresh thyme to each glass tops off a wonderfully fragrant delight.