## How to make your own lemonade

## Search:

- Drink
- Recipes


## How to make your own lemonade

(function(d, s, id) \{ var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementByld(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js\#xfbml=1";
fjs.parentNode.insertBefore(js, fjs); \}(document, 'script', 'facebook-jssdk'));
Tweet !function(d,s,id) \{var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)) \{js=d.cre ateElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js, fjs);\}\}(document,"script","twitter-wjs");

## Pinit

(function() \{ var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); \})(); Add to favorites

## How to make your own lemonade



Rate this recipe
0 people are cooking this Count me in

Quench your thirst with this freshly squeezed lemonade this summer.

When life gives you lemons...make lemonade and enjoy a sweet, refreshing drink. The addition of whey (the liquid strained from yoghurt) gives this drink a serious probiotic punch and is also how it becomes naturally slightly carbonated. This lemonade is perfect for kids as it is sugar free and is a great replacement for sugary soft drinks. Make a few each week and you'll never buy soda again! To change the flavours up a little, add grated ginger, turmeric or some strawberry puree.

## Ingredients

- 1 cup lemon juice (around 4 lemons)
- 500 g natural organic yoghurt
- $3 / 4$ cup light-tasting raw honey
- Filtered water


## Equipment

- 1.25 L swing top glass jar or PET bottle
- Juicer (a hand juicer is fine)


## How to make your own lemonade

- Strainer
- Bowl
- Tea towel or muslin
- Jug
- Water filter or access to filtered water


## Method

Put your lemons in half and juice, removing all the pips. To get a cup of juice, you will need around 4 lemons. Always juice lemons at room temperature as you'll get more juice that way.

Line a strainer with a tea towel or two layers of muslin and place over a bowl to catch the whey.
Add the yoghurt and draw up the edges of the towel and gently squeeze. You should easily get $1 / 4$ cup liquid whey.

Place the lemon juice, ¼ cup whey and honey into a jug and mix with a spoon or whisk.
Pour into a bottle and top up with filtered water. Leave on a bench out of direct sunlight for 2 to 3 days.

Words and recipes: Kate Walsh of Real Food Projects.
Images: Nelly le Comte
For exclusive tips and more grab the October 2016 edition of nourish magazine.
NEXT: Kick-start your day with this simple green smoothie.
function displayNutrition(msg) \{ \$('.nutrition-label-container').text(msg); \$('.nutrition-labelcontainer').fadeln(1000, function() \{ c_obj $=\$$ (this); window.setTimeout(function() \{ \$(c_obj).fadeOut(1000); \}, 5000); \}); \} function saveFavoriteNode(nid) \{ \$.get('/favorite_nodes/add/' + nid, function(data) \{ //\$('.result').html(data); alert('This recipe was added to your favorites list'); \}); \}

