

## How to make your own lemonade

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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
- $\frac{3}{4}$  cup light-tasting raw honey
- Filtered water

### Equipment

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

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- 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  $\frac{1}{4}$  cup liquid whey.

Place the lemon juice,  $\frac{1}{4}$  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](#)

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