

All About Lemonade

Alisa Fleming, www.GoDairyFree.org ~ Lemons may technically be out of season, but we are definitely in the height of lemonade season. Whether you have managed to snag a bag of ripe lemons, or you are left with the bottle juice, Levana Kirschenbaum, author of *Levana Cooks Dairy Free*, has a lemonade recipe for you. The following basic recipe that follows includes her variations for sugar-free, maple, ginger, pineapple ginger, tea, and raspberry lemonade!

The following recipe is from Levana's newsletter, Levana is the author of *Levana Cooks Dairy Free* and *Levana's Table*.

Basic lemonade:

4 cups lemon juice, bottled ok
2 cups sugar

Bring to a boil, and turn off heat. Cool and transfer to a glass jar. In pitcher, put one part lemonade mixture and 3 parts water and ice. Mix thoroughly from the bottom up

Sugar-free basic lemonade:

No boiling. In a glass jar, mix 4 cups lemon juice with stevia (make sure it is marked "no aftertaste") to taste. Use this mixture exactly as the mixture above.

Maple syrup lemonade:

No boiling. In a glass jar, mix 4 cups lemon juice with 1 cup maple syrup. Use exactly as the basic mixture, but stir the mixture thoroughly before using (maple syrup tends to settle in the bottom)

Ginger lemonade:

Same as above, but add 1/4 cup grated fresh ginger to the sauce pan.

Pineapple ginger lemonade:

In the pitcher, 1 part ginger lemonade mixture, 1 part pineapple juice, complete with ice

Tea lemonade:

Steep 6 tea bags in 1 quart boiling water. In a pitcher, 1 part basic lemonade, 3 parts tea and ice

Raspberry lemonade:

Strain 1 cup frozen raspberries into a pitcher, pressing hard on the solids. Discard the seeds. In a pitcher, 1 part basic lemonade, 1 part strained raspberries, complete with water and ice

With each mixture, adjust the water and the lemonade mixture to your own personal taste

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