

# Lemonade

Fresh homemade lemonade with mint and natural sugar. Perfect refreshing drink for hot days. Easy 15-minute recipe serves 4 people.

15 min

PREP

15 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Lemonade

## Ingredients

- 2 lemon
- 9 sprig mint
- 4 tbsp granulated sugar
- 4 cup water

## Instructions

### 1 Prepare the mint and lemon

Place 9 mint sprigs in a large pitcher or bowl. Zest 2 lemons using a fine grater, avoiding the bitter white pith underneath. Add the lemon zest to the mint.

- ### 2
- Add 1 tablespoon sugar to the mint and lemon zest. Using a muddler or the back of a wooden spoon, gently press and twist the mint leaves until they release their oils and become fragrant, about 30 seconds.

### 3 Make simple syrup

Heat 1 cup of the water in a small saucepan over medium heat until steaming but not boiling. Add the remaining 3 tablespoons sugar and stir until completely dissolved, about 1-2 minutes.

- ### 4
- Remove the simple syrup from heat and let cool for 5 minutes. Add the remaining 3 cups cold water to the syrup and stir to combine.

### 5 Add lemon juice

Cut the 2 zested lemons in half and squeeze out all the juice, removing any seeds. Add the fresh lemon juice to the muddled mint mixture.

- ### 6
- Pour the cooled sugar water into the pitcher with the mint and lemon juice. Stir well to combine all ingredients.

### 7 Strain and serve

Strain the lemonade through a fine-mesh sieve into a clean pitcher to remove all mint pieces and lemon zest. Press the solids gently with the back of a spoon to extract maximum flavor.

- ### 8
- Serve immediately over ice in glasses. Garnish with fresh mint sprigs and lemon slices if desired.

## Tips

Use room temperature lemons and roll them firmly on the counter before juicing to extract maximum juice from each fruit.

When muddling mint and lemon zest, use gentle pressure to avoid bitter compounds from over-crushed leaves and pith.

Dissolve sugar in a small amount of warm water first to create a simple syrup, ensuring complete sweetening without grittiness.

Strain the finished lemonade through cheesecloth or fine mesh to remove all plant matter for a clearer, more professional appearance.

Chill all ingredients beforehand, including glasses, to maintain optimal temperature without excessive ice dilution.

Add a pinch of salt to enhance the overall flavor profile and balance the sweetness naturally.

For parties, freeze lemon wheels and mint leaves in ice cubes to create attractive, functional garnishes that won't dilute the drink.