

Berry Bloom Lemonade

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Servings: 8

7 cups water

2 cups sugar

1/2 cup dried butterfly pea flowers

1 cup ice

2 1/4 cups fresh lemon juice

3 cups ice (for glasses)

Preparation Time: 15 minutes

In a saucepan over medium-high heat, heat three cups of water with the sugar, stirring, until the sugar dissolves. Remove from the heat. Stir in the flowers. Steep for 10 minutes. Strain. Add one cup of ice. Stir until the ice melts and the mixture is chilled.

Pour the remaining four cups of cool water and the lemon juice into a small pitcher.

To serve: Pour about 3/4 cup of the flower syrup into a tall, ice-filled glass. Top with about 3/4 cup of the lemon mixture. Stir to combine.

You can put everything together in one pitcher, also, but building this drink in the glass lets guests see the color go from blue and pale yellow to a vibrant purple-pink.

Per Serving (excluding unknown items): 211 Calories; 0g Fat (0.0% calories from fat); trace Protein; 56g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Fruit; 3 1/2 Other Carbohydrates.