

Honey-Basil Lemonade

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Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 1 hour 15 minutes

Cook time: 5 minutes

2 cups water, divided

1/4 cup honey

2/3 cup freshly squeezed lemon juice

4 large fresh basil leaves, torn finely

ice

lemon slices (optional)

In a small saucepan, combine 2/3 cup of water and the honey. Cook and stir the mixture until the honey is dissolved. Remove from the heat and cool completely.

In a large bowl or pitcher, combine the lemon juice and basil leaves.

With the back of a wooden spoon, press the basil to bruise the leaves.

Stir in the remaining 1 1/3 cups of water and the honey mixture.

Serve over ice.

If desired, garnish with lemon slices.

Per Serving (excluding unknown items): 65 Calories; 0g Fat (0.0% calories from fat); trace Protein; 17g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1 Other Carbohydrates.