

Honey Lemonade

This refreshing, all-natural lemonade is deliciously tart. If your family enjoys sweeter lemonade add a bit more honey to this recipe.

Serves 8



Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe 8

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 0g 0%

Sugars 18g

Protein 0g

Vitamin A 0% • Vitamin C 25%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Ingredients

- ½ cup very hot water (heating in a tea kettle until it just starts to whistle is perfect)
- ½ cup honey
- 6 large lemons, juiced (1½ cup juice)
- 6 cups water

Directions

1. Whisk together hot water and honey until well combined.
2. Pour into a large pitcher.
3. Add lemon juice and water and stir to combine.
4. Refrigerate or serve over ice.

