



# BLUEBERRY LEMONADE

Makes 6 Servings

## INGREDIENTS

- 1 cup fresh or frozen blueberries
- 1 cup filtered water
- ½ cup granulated sugar
- 1 cup lemon juice (about 5 lemons)
- 4 cups filtered water or sparkling water
- Ice

## DIRECTIONS

1. Place blueberries, 1 cup filtered water, and ½ cup granulated sugar in a medium saucepan. Bring to a boil over high heat, reduce heat and simmer for 7-10 minutes, mashing blueberries with the back of a spoon. Strain through a fine mesh strainer if desired. Allow to cool.
2. In a pitcher, stir together blueberry syrup, lemon juice, and 4 cups of filtered or sparkling water. Serve over ice.