



Mint Lemonade*

Serving: 1

Veg

Ingredients

- -zest of 1 lime
- -juice of 1 lime ($\frac{1}{2}$ cup)
- -1 tbsp honey
- -20-30 mint leaves
- -1 cup ice cold water,
- -ice as required)
- -lime wedges (for garnish)
- -liquid stevia (optional)(For sweet taste)

Preparation Method

- -Place lime zest, juice, honey, mint leaves and 1 cup of water in a high speed blender and blend until completely mixed.
- -Strain through a sieve to remove any excess pulp.
- -serve with ice cubes .