**Homemade Lemonade**

**Ingredients**

* 200 grams caster sugar
* 250 millilitres water (for syrup)
* 250 millilitres freshly squeezed lemon juice (from approximately 4-6 large lemons)
* 1 litre cold still or sparkling water (for dilution)
* Ice cubes, to serve
* Slices of fresh lemon and mint sprigs for garnish (optional)

**Preparation time**

* Active time: 15 minutes
* Inactive time (cooling): 30 minutes

**Utensils needed**

* Lemon juicer
* Small saucepan
* Sieve
* Large pitcher or jug
* Long spoon for stirring

**Preparation instructions**

1. **Make the simple syrup:** In the small saucepan, combine the caster sugar and 250 millilitres of water. Heat gently, stirring continuously until the sugar has completely dissolved. Do not let it boil.
2. Remove the syrup from the heat and set it aside to cool completely. This can be sped up by placing the saucepan in a bowl of cold water.
3. **Juice the lemons:** While the syrup is cooling, squeeze the lemons to get 250 millilitres of juice.
4. **Combine:** Pour the cooled simple syrup into a large pitcher. Strain the fresh lemon juice through a sieve into the pitcher to remove any pulp or pips. Stir well to combine. This is your lemonade concentrate.
5. **Dilute and chill:** Add the 1 litre of cold still or sparkling water to the pitcher and stir thoroughly.
6. **Serve:** Fill serving glasses with ice cubes. Pour the lemonade over the ice. Garnish with a slice of lemon and a sprig of mint, if desired.

**Number of servings**

* 6 servings (approximately 250ml each)

**Nutritional information (per serving)**

* Calories: Approximately 140-160 kcal
* Fat: <1g
* Carbohydrates: 35-40g
* Protein: <1g
* Sugar: 35g

*(Note: Nutritional information is an estimate and can vary based on the size and sweetness of the lemons.)*

**Allergen information**

* This recipe is free from common allergens (milk, eggs, gluten, nuts, soy).