



Mango Lemonade

Priscila · 01/25/2024



Prep Time

15 min.

Dificult

Easy

Servings

5

Description

Imagine the refreshing combination of citrusy lemon juice meeting the succulent sweetness of mango – this is an irresistible duo that not only pleases the palate but also offers a range of health benefits. Lemon and mango juice is more than just a blend of flavors; it's a burst of nutrients that can energize your day in a delicious and healthy way. Lemon is renowned for being an excellent source of vitamin C, a powerful antioxidant that strengthens the immune system. Alongside mango, which also contains this vitamin, the juice becomes an effective shield against colds and flu, helping to keep the body resilient to illnesses. Lemon is famous for stimulating the production of digestive enzymes, facilitating the digestive process. Lemon is known for its metabolism-boosting properties. When combined with mango, providing B-complex vitamins, this dynamic duo can assist in calorie burning and maintaining a healthy metabolism. Both ingredients possess antioxidants that combat free radicals, contributing to the prevention of premature aging and promoting healthy skin. These antioxidants also play a crucial role in reducing the risk of chronic diseases. Mango, in turn, is rich in fiber, promoting intestinal health. This combination makes lemon and mango juice a digestion ally, aiding in the efficient absorption of nutrients. It's worth noting that mango is known for its high water content, while lemon adds a refreshing touch. Together, these elements make the juice an ideal option to keep the body hydrated, especially on hot days. Hydration is crucial for the proper functioning of the body and maintaining cell health. The fiber in mango contributes to a feeling of satiety, which can aid in weight control. Additionally, the juice is a healthy, low-calorie alternative to satisfy sweet cravings.

Ingredients

- 1 medium-sized mango
- 1 lemon
- Sugar to taste
- 1 liter of water
- Ice

Instructions

1. Peel the mango. Wash the lemon cut it in half remove the white part in the center as well as the sides then chop it.
2. Blend the lemon with water in a blender and then strain the mixture.
3. Using the lemon juice blend the mango sugar and ice.
4. Serve and enjoy your refreshing mango lemonade!