



Strawberry Lemonade

Priscila · 01/25/2024



Prep Time

15 min.

Dificult

Easy

Servings

5

Description

Strawberry lemonade is a refreshing and delicious drink, perfect for hot days or for enjoying a relaxing moment. Its simple recipe combines the tart flavor of lemon with the natural sweetness of strawberries, creating a perfect balance of flavors. Besides being tasty, strawberry lemonade is visually appealing, making it a popular choice at parties and social gatherings. It is often served with ice and garnished with lemon slices or whole strawberries, making it even more appetizing. Nutritionally, this beverage is a great source of vitamin C, coming from both the lemons and strawberries. This vitamin is essential for strengthening the immune system and for skin health. Additionally, strawberries offer additional benefits, such as fiber and antioxidants, which are important for digestive health and combating free radicals.

Ingredients

- 1 cup of water
- 1/4 cup of sugar
- 1 cup of strawberries
- cleaned and halved
- 1/2 cup of lemon juice
- Ice

Instructions

1. In a saucepan over low heat combine sugar and water. Stir until the sugar is completely dissolved creating a syrup-like mixture. Set aside to cool
2. In a blender
3. puree the strawberries to form a pulp.
4. In a pitcher fill halfway with ice. Add the lemon juice and strawberry pulp.
5. Top up with the sugar-water mixture. Stir everything together until well mixed.