



Acerola Lemonade

Priscila · 01/26/2024



Prep Time

5 min.

Dificult

Easy

Servings

5

Description

Lemon and acerola juice is a refreshing and highly nutritious beverage, perfect for consumption at any time of the year, but especially invigorating on warmer days. This combination not only delights the taste buds with its unique and refreshing flavor but also brings a multitude of health benefits, thanks to the rich nutritional composition of both fruits. Acerola is known to be one of the richest natural sources of vitamin C, even surpassing oranges in its concentration of this essential nutrient. Vitamin C is crucial for strengthening the immune system, as well as being a powerful antioxidant that fights free radicals, preventing premature aging and promoting skin health. Moreover, acerola contains a good amount of vitamins A, B1, B2, and B3, as well as important minerals like calcium, iron, and phosphorus. On the other hand, lemon is equally beneficial for health. Rich in vitamin C, lemon aids in the absorption of iron by the body, contributing to the prevention of anemias. Lemon is also known for its alkalizing properties, helping to balance the body's pH, which is vital for maintaining good digestive system function and assisting in detoxification. Furthermore, lemon can stimulate the immune system and promote cardiovascular health, thanks to its composition of bioactive compounds, including flavonoids. The combination of these two fruits in a juice results in a powerful drink capable of boosting immunity, combating fatigue, improving skin health, and even aiding in weight loss due to its low calorie content and thermogenic effect that can speed up metabolism. Additionally, the presence of antioxidants in lemon and acerola juice helps to neutralize free radicals, reducing the risk of many chronic diseases, such as heart disease and certain types of cancer.

Ingredients

- 2 cups of acerola cherries
- 3 limes
- 4 tablespoons of sugar (optional)
- 1 liter of chilled water

Instructions

1. Begin by thoroughly washing the acerola cherries under running water then remove the stems from each one before blending.
2. In a glass squeeze the juice out of the 3 limes and set aside.
3. In a blender add the acerola cherries lime juice water and sugar if desired.
4. Start blending on pulse mode to finely crush the acerola cherries then blend on medium speed for approximately 2 to 3 minutes until well crushed.
5. Strain the juice through a sieve pouring it slowly and pressing down with a spoon to extract all the liquid without wasting any.