



Swiss Lemonade with Kale

Priscila · 01/24/2024



Prep Time

10 min.

Dificult

Easy

Servings

3

Description

Swiss Kale Lemonade is a refreshing, healthy drink combining the citrusy zest of lemon with the nutritional benefits of kale. This harmonious blend not only pleases the palate but also offers numerous health advantages, making it a conscious choice for those seeking well-being. The citrus touch of lemon not only imparts a vibrant flavor to the lemonade but also adds a healthy dose of vitamin C, known for strengthening the immune system, combating free radicals, and promoting healthy skin. Additionally, lemon is recognized for its alkalizing properties, assisting in maintaining the body's acid-base balance. The inclusion of kale in the recipe further enhances the nutritional value of the lemonade. Kale is an excellent source of vitamins A and K, along with fibers, antioxidants, and essential minerals such as calcium and iron. These components contribute to bone health, proper blood clotting, and the promotion of healthy digestion. The combination of lemon and kale not only offers a powerful nutritional profile but can also aid in detoxifying the body due to the antioxidant and diuretic properties present in both ingredients. The presence of fibers in kale can also contribute to a feeling of satiety, making it an ally for those looking to maintain weight in a balanced manner.

Ingredients

- 1 large lemon
- 2 kale leaves
- destemmed
- 600 ml water
- Sugar to taste
- Ice cubes

Instructions

1. Cut off both ends of the lemon and discard them. Cut the lemon in half and remove the white pith as these details will reduce the bitterness of the lemonade. Cut the lemon into wedges keeping the peel and discard the seeds.
2. Place the lemon wedges water kale leaves and a few ice cubes in a blender. Blend thoroughly.
3. Taste the mixture and add sugar according to your preference. Blend again to combine.
4. Serve immediately.