



Passion Fruit and Ginger Lemonade

Priscila · 01/25/2024



Prep Time

20 min.

Difficult

Easy

Servings

5

Description

Nothing pairs better with hot days than a chilled lemonade, but how about taking that refreshing experience to the next level? Passion fruit and ginger-infused lemonade not only quenches thirst but also delivers an explosion of unique flavors and a host of health benefits. The combination of lemon, passion fruit, and ginger creates a symphony of flavors that awaken the taste buds. The citrusy notes of lemon harmonize with the tropical sweetness of passion fruit, while the spicy kick of ginger adds an exciting element to the mix. Each sip is a sensory journey that revitalizes the body. Lemon and passion fruit are rich in vitamin C, an antioxidant that strengthens the immune system, promotes skin health, and aids in iron absorption. Ginger is renowned for its anti-inflammatory properties, assisting in the reduction of inflammation and providing relief for muscle and joint pain. Additionally, ginger is associated with digestive benefits, helping to alleviate nausea and stomach discomfort.

Ingredients

- 120 g sugar
- 400 ml water
- 1 small ginger
- sliced
- 3 passion fruits (pulp and seeds)
- 2 lemons (juice and zest)
- 1 liter sparkling water
- Fresh mint leaves
- to taste
- Lemon slices (for garnish)
- to taste

Instructions

1. To prepare the syrup combine sugar and water in a saucepan and bring to a boil until the sugar dissolves.
2. Stir in the passion fruit pulp thin slices of ginger and the juice and zest of the lemons.
3. Remove from heat and let it cool.
4. To serve pour the syrup into a pitcher with ice and add the sparkling water.
5. Add fresh mint leaves and lemon slices.
6. Serve immediately.