



Pink Lemonade

Priscila · 01/25/2024



Prep Time

5 min.

Dificult

Easy

Servings

5

Description

In a world where the pursuit of healthy eating habits is increasingly prevalent, the combination of fresh and nutritious flavors has gained prominence, and lemon raspberry mint juice emerges as a vibrant option full of benefits for both the body and mind. Lemon, known for its acidic and refreshing profile, is a rich source of vitamin C, essential for bolstering the immune system. Furthermore, its alkalizing power helps balance the body's pH, promoting a healthy environment for various cellular functions. The presence of antioxidants in lemon aids in combating free radicals, contributing to the prevention of premature aging. Raspberries, small red jewels, add a sweet touch to the juice, providing not only flavor but also significant nutritional benefits. These fruits are high in fiber, vitamins C and K, and antioxidants, imparting anti-inflammatory properties that may contribute to cardiovascular health. Mint, with its refreshing aroma and unique flavor, not only enhances the sensory experience of the juice but also offers digestive benefits. Its essential oil, menthol, can help alleviate stomach discomfort and contribute to more efficient digestion. A striking feature of this juice is its enchanting pink color, a result of the harmonious combination of lemon's yellow and raspberry's red. In addition to providing a visual spectacle in the glass, the pink color is often associated with energy, vitality, and self-love, making the act of savoring the juice not only a gustatory experience but also emotionally rewarding. By incorporating lemon raspberry mint juice into your routine, you not only add a touch of freshness to your days but also embrace a beverage packed with nutrients that contribute to your well-being. Experience this burst of flavors and colors and discover how a simple glass of juice can transform into a gesture of self-care.

Ingredients

- 2 cups of sugar
- 1 and 1/2 lemons washed and sliced
- 3 cups (200 ml) of raspberry tea
- Mint leaves and ice cubes for serving
- Sparkling or mineral water for serving

Instructions

1. In a large saucepan combine sugar sliced lemons and raspberry tea. Bring to a boil over medium heat stirring occasionally. Once it boils turn off the heat and let it cool.
2. Strain the boiled mixture through a sieve pressing with the back of a spoon to extract all the juice. This
3. Alternatively you can divide the syrup into bottles with caps fill them with filtered mineral water and refrigerate. Serve with sparkling water mint leaves and ice cubes.