

Health & Beyond Summer Lemonade Recipes

Compiled by Chet Day

Beet Lemonade

Ingredients

2 cups water
1 cup sugar
1 tablespoon chopped lemon zest (lemon peel)
4 whole cloves
1/2 teaspoon salt
3/4 cup fresh lemon juice
4 cups fresh beet juice
8 large mint leaves
Mint sprigs and thinly sliced lemon (garnish)

Over moderate heat add water, sugar, zest, cloves and salt together in a small saucepan and bring to a simmer. Cook for 23 minutes or until sugar is completely dissolved. Cool and add lemon and beet juice along with the mint leaves.

Refrigerate for at least 1 hour. Strain and serve in tall glasses with ice cubes and garnished with a mint sprig and a lemon slice in each glass. Yields: 1 1/2 quarts

Courtesy of Barbara Leass

Best Ever Lemonade

Ingredients

4 lemons
1 cup sugar
1 quart water

Peel lemons and put rinds into a bowl. Cover with sugar and let stand a half hour. Boil water, pour over lemons and sugar. When cool, take out rinds. Squeeze lemons, strain and add to sugar mixture. Chill and serve ice cold. Yield: 1 Servings

Blueberry Lemonade

Ingredients

1 cup plus 2 tbsp. granulated sugar

2 cups water

1 pint fresh blueberries

1 1/2 cups freshly squeezed lemon juice (from about 10 big lemons, including pulp but not seeds)

First make a simple syrup by combining 1 cup sugar and water in a saucepan over medium heat, stirring until the mixture boils. Lower the heat and allow the syrup to simmer for another minute. Remove from heat and let cool. In a blender or food processor, puree the blueberries with 2 tablespoons of sugar. In a pitcher, combine the cooled syrup, lemon juice and blueberry puree. To serve, pour 1/4 to 1/3 cup of base into a glass and fill with water. Makes base for 12 servings.

For a more subtle blueberry flavor, you can gently mash the berries in a bowl instead of pureeing them. Toss a handful of whole blueberries into the pitcher as a garnish.

Borage Lemonade

Ingredients

Lemon juice (fresh squeezed is best), about a 1/4 cup

Sugar to taste (probably about two or three tbsp)

Water

Several medium-sized young borage leaves

Dump all the ingredients in the blender and whir it around for about thirty seconds, or a little more. Strain into a glass. Borage has an interesting taste, something like mint and something like cucumbers, excellent with lemonade. Serves: 1 Preparation time: 1 minute

Recipe courtesy by Anne

Butterhead Lemonade

I have a recipe that my kids love on a hot day. Instead of just lemonade, add some Butterhead

lettuce to lemonade in a blender and blend till smooth and frothy (you can vary the amount of lettuce to lemonade according to your taste and how thick a shake you want).

It's really refreshing and the kids love the green mustache they can make!

Recipe courtesy of Shi-Ane

Citrusade

Ingredients

Put in a 2 quart pitcher:

1 cup lemon juice

1 1/2 cups orange juice (for sweetness and flavor)

1/2 cup honey or 100% pure maple syrup, or to taste.

enough distilled water to finish filling the pitcher

More or less orange juice can be used. Then adjust the honey for the desired sweetness. Using freshly squeezed juices and raw honey provides lots of live enzymes.

Recipe courtesy of Carmie Jones

Author of **The Junk Food Lover's Step-by-Step Guide to Healthier Eating**

Cucumber Lemonade

Ingredients

1 cucumber, peeled

2 quarts lemonade

1 cup ice

Make a pitcher of your favorite lemonade. Grate the cucumber over the pitcher, and mix in the cucumber juice and pulp. Serve over ice.

Recipe courtesy of Bob

Fizzy Cranberry-Lemonade

Ingredients

4 cups cranberry-juice cocktail

1 container (6 ounces) frozen lemonade concentrate, thawed

1 bottle (1 liter) seltzer or club soda, chilled

1 small orange, cut into 1/4-inch-thick slices, then each slice cut in half

ice cubes (optional)

In large pitcher, stir together cranberry-juice cocktail and undiluted lemonade concentrate until blended. Then, stir in seltzer, and ice cubes if you like. Garnish with orange pieces. Serve immediately. Yields: about 9 cups or 12 servings.

Fresh Lemonade

Ingredients

1 1/2 cups sugar

1/2 cup boiling water

1 1/2 cups fresh lemon juice (6 to 8 large lemons)

5 cups cold water

Garnishes: lemon slices, fresh mint sprigs

Combine sugar and boiling water, stirring until sugar dissolves. Add lemon juice and cold water; stir well. Cover and chill. Serve over ice. Garnish glasses, if desired. Yield: 8 cups

Front Porch Lemonade

Ingredients

2 cups granulated sugar

4 cups cold water

3 cups freshly squeezed lemon juice (about 12 large lemons)

6 cups cold water, sparkling water, or seltzer

lemon and fresh mint for garnish

In a medium-size saucepan, combine the sugar and cold water. Bring to a boil over high heat, stirring with a wooden spoon. Continue to boil for about 5 minutes, or until the mixture turns clear. Set aside to cool. (Refrigerated syrup will keep for a month.) In a large pitcher, combine the lemon juice and syrup with the water, sparkling water, or seltzer. Stir and pour into tall ice-filled glasses.

Garnish with a thin slice of lemon and a sprig of fresh mint.

For a contemporary pink lemonade, add a splash of cranberry juice. (6-8 glasses)

Courtesy of Charles Wysocki's **Americana Cookbook**

Ginger Lemonade

Ingredients

Fresh ginger

Juice of 3 lemons

1/2 cup maple syrup (or sweetener of your choice)

2 quarts water

Place water on the stove to boil. Peel a good 2-3 inch slice of ginger (depending on how you like ginger). Grate the ginger over a fine mesh grater. Squeeze the freshly grated pulp to remove the juice. Discard dry pulp. When water boils, add the lemon and ginger juice. Let steep for 20 minutes, then add the syrup. This is very refreshing.

Recipe Courtesy of Leanne

Ginger Limeade

Ingredients

3 1/2 cups water
3/4 cup sugar, or to taste
2 tablespoons minced fresh ginger
1 cup fresh lime juice
Thin lime slices for garnish

In a small saucepan stir together 2 cups of the water, the sugar, and the ginger, bring the mixture to a boil, stirring until the sugar is dissolved, and simmer it for 3 minutes. Strain the syrup through a fine sieve set over a bowl and let it cool. In a pitcher combine the cooled syrup, the remaining 1 1/2 cups water, and the lime juice and stir the limeade well. Divide the limeade among the tall glasses filled with ice cubes and garnish each drink with a lime slice.

Makes about 5 cups, serving 4.

Courtesy of **Gourmet**, July 1993

Greenbrier Tropical Lemonade

Ingredients

1 - 12 oz frozen lemonade
2 - 6 oz frozen orange juice
1 - 64 oz pineapple juice
1 - gallon of water
1 - Tbsp vanilla extract
1 - Tbsp almond extract

Sweeten to taste and server over ice.

Courtesy of Little Greenbrier Lodge Bed & Breakfast
Sevierville (Gatlinburg area), Tennessee

Homemade Peach Lemonade

Ingredients

2 peaches peeled and cubed
4 cup water
1 cup sugar
3/4 cup fresh lemon juice

Bring the peaches, sugar, and water to a boil, and then simmer until the sugar is dissolved, about 10 minutes. Allow the mixture to cool, then strain through a sieve, pressing to extract as much juice as possible. Stir in the lemon juice, and serve in tall glasses over ice. Serves 4

Iced Tea Lemonade

Ingredients

2 cups boiling water
1 family size tea bag
3/4 to 1 cup sugar
2/3 cup lemon juice from concentrate
2 cups water

Pour 2 cups boiling water over tea bag; cover and brew 5 minutes. Remove tea bag with a slotted spoon, squeezing gently. Stir in sugar until dissolved; stir in lemon juice and 2 cups water. Serve over ice. Makes 5 cups. Prep: 10 min.

Recipe Courtesy of Southern Living Cooking School

Kafir Lemonade

Ingredients

2-1/2 cups water
1 cup raw cane sugar
12 each kafir lime leaves
4 each fresh bay leaves
4 each limes, thinly sliced
1 quart crushed ice
2 cups fresh lime juice
2 cups Meyer lemon juice or plain grapefruit juice (not ruby)

Place 1-1/2 cups of the water in a small saucepot over a medium flame. Add six of the kafir leaves and one bay leaf. Simmer four minutes then strain and cool. Place the lime slices in a large mixing bowl and cover with the crushed ice. Pour the sugar water over the ice. Add the remaining water, lime juice, meyer lemon juice, 6 fresh kafir leaves, and 3 bay leaves. Check to see that the lime aid is not too strong. If it is, add water. Pour into a pitcher and serve immediately.

Tip - If you are going to store the lime aid, do not add the sliced limes. If the limes soak in the lime aid for an extended period of time, they will make it turn bitter. Add the limes just before you serve.

Recipe courtesy of Michel Nischan, Heartbeat at the W New York Hotel, New York, NY

Kiwi Lemonade

Two of summer's most popular flavors come together in this refreshing drink.

Ingredients

2/3 cup granulated sugar

2 cups water

5 kiwis, peeled

1 1/2 cups freshly squeezed lemon juice (from about 10 big lemons, including pulp but not seeds)

In a pitcher, mix the sugar and water until the sugar dissolves. In a blender or food processor, puree the kiwi. Add the pureed kiwi and lemon juice to the pitcher and stir to combine. To serve, pour 1/4 to 1/3 cup of base into a glass and fill with water. Makes base for 12 servings.

Mint Lemonade

Ingredients

Mint tea bags (a lot)

Water

Lemon juice and sugar (or lemonade mix - fresh is best though)

Mint leaves (garnish)

Brew tea according to directions. You can make it weak or strong - whatever suits your taste. Refrigerate until cold. Add lemon juice and sugar (or lemonade mix). Adjust amounts so that both the mint tea and the lemon can be equally tasted.

Fresh Mint and Ginger Lemonade

This distinctive fat-free drink is a great change of pace from coffee or tea.

Ingredients

1/2 cup (packed) chopped fresh mint leaves

1/3 cup chopped fresh ginger

1/3 cup honey

2 cups boiling water

1/3 cup fresh lemon juice

1 1/2 cups (about) cold water
Ice cubes
Fresh mint leaves
Lemon slices

Combine chopped mint, ginger and honey in medium bowl. Add boiling water. Let steep 30 minutes. Strain into 4-cup glass measuring cup, pressing on solids to extract liquid. Add lemon juice and enough cold water to measure 4 cups total. (Can be prepared 1 day ahead. Cover and refrigerate.)

Fill glasses with ice cubes. Add lemonade. Garnish with mint leaves and lemon slices and serve.

4 servings. Per serving: calories, 98; fat, 0; sodium, 2 mg; cholesterol, 0

Recipe Courtesy of **Bon Appétit**, July 1994

Nectarine-Basil Lemonade

Ingredients

3 1/2 cups water
1 cup fresh basil leaves plus additional for garnish
2 nectarines
3/4 cup sugar, or to taste
1 cup fresh lemon juice

In a small saucepan stir together 2 cups of the water, 1 cup of the basil, 1 of the nectarines, chopped course, and the sugar, bring the mixture to a boil, stirring until the sugar is dissolved, and simmer it for 5 minutes. Let the mixture cool and strain it through a fine sieve set over a pitcher, pressing hard on the solids. Stir in the remaining 1 1/2 cups water, the remaining nectarine, sliced thin, and the lemon juice. Divide the lemonade among tall glasses filled with ice cubes and garnish each drink with some of the additional basil.

Makes about 6 cups, serving 4 to 6.

Recipe Courtesy of **Gourmet**, July 1993

Old Fashion Lemonade

Ingredients

2 cups granulated sugar
2 1/2 cups water
Juice of 6 lemons
Juice of 2 oranges

Grated peel of 1 orange
1 cup fresh mint leaves

In a medium saucepan, combine sugar and water. Bring to a boil; cook over medium high heat 5 minutes. Let cool.

Add lemon juice, orange juice, and orange peel to syrup. Add mint leaves. Cover and let stand 1 hour. Strain lemon syrup into a jar or pitcher. Store in the refrigerator until ready to use.

For each serving, put 1/3 cup lemon syrup in an 8 ounce glass; fill with crushed ice and cold water. Stir or shake.

Serve at once. Makes 2 (1 cup) servings.

Pam's Healthy Lemonade

Ingredients

4 apples (red or golden delicious are best)
1/4 lemon

Wash and quarter apples, then put through your [juicer](#). Add 1/4 lemon with the peeling. You get one 8 oz. glass of juice that tastes very much like lemonade without the sugar.

Additionally, Jayme, another [Chet's Recipes](#) newsletter reader, elaborates: "When making lemonade, instead of sugar, use apples, 4 apples to 1/4 lemon, peel and all, but the more you make, add a higher ratio of lemon so there is more lemon flavor and tartness."

Recipes Courtesy of Pam Eddings and Jayme

Pineapple-Mint Lemonade

Ingredients

1 cup sugar
2/3 cup water
1 can (46 oz) pineapple juice
1 cup lemon juice
1/3 cup chopped fresh mint

Combine sugar and water in large saucepan; bring to boil and boil 1 minute, remove from heat. Stir in pineapple juice, lemon juice, and chopped mint. Let stand 15 minutes. Strain into a large pitcher; discard chopped mint. Serve over ice. Serves 8

Purist's Lemonade

Ingredients

5 to 6 Lemons - right off the tree if possible
3 quarts of filtered water (or to taste depending upon how tart your lemons are)
3/4 cup or to taste pure (Grade C) Maple syrup

Juice lemons and pour into a blender (strain pulp and seeds if that's your preference). Add 3/4 cup maple syrup and blend until well mixed (about 10 seconds, or so). Adjust sweetener to your liking and continue blending process 'til you have it where you want it. Pour sweetened lemon juice into a one gallon container and gradually add water. Shake well and adjust water and sweetener to your liking. Add a few lemon slices and chill or add ice. Great for parties.

For an added twist, toss a few strawberries into the blender during the first step. Heavenly!

Please forgive my the shoot from the hip style of this recipe. I usually make it without measuring anything. So, the big cue on this one is - Adjust to taste. It's simple, pure and delicious.

Yum! Makes: 3 qts. - 1 gal. Preparation time: 20 min.

Recipe Courtesy of Sharon

Sicilian Lemonade

Ingredients

1/2 cup sugar
1/2 cup fresh lemon juice w/some pulp
2 cups boiling water
Some shaved lemon zest (peel of lemon)

Simply boil water, add the lemon juice and sugar and stir until fully dissolved. Put in a bottle and let cool. Add cold fresh water (I like spring water) to the rest of the mixture and serve with plenty of ice and a slice or wedge of lemon.

Sparkling Mango Lemonade

Ingredients

3 ripe mangoes (about 2 1/2 pounds total)

1 1/2 cups fresh lime juice
1 1/2 cups water
1 cup superfine sugar plus additional to taste
Seltzer water or Club soda
Garnish: lime wedges

Peel mangoes and cut flesh from pits. In a blender purée mango flesh with lime juice, water, and 1 cup sugar until smooth.

Force purée through a sieve into a pitcher or bowl, pressing on any solids. Chill purée, covered, until cold and stir in additional sugar. (Purée will be slightly thick. Limeade purée keeps, covered and chilled, 2 days.)

Fill tall glasses with ice and add enough limeade purée to fill each glass by three quarters. Top off drinks with seltzer water or club soda, stirring well, and garnish with lime wedges.

Makes about 5 1/2 cups limeade purée.

Recipe Courtesy of **Gourmet**, July 1996

Spiced Lemonade

Ingredients

1 cup sugar syrup
12 whole cloves
1 stick cinnamon
1 1/2 cups lemon juice
1 quart water
Crushed ice

Put sugar syrup, cloves, and cinnamon in a small saucepan and simmer together for 5 minutes. Add lemon juice and let stand for one hour. Strain and combine with the water in a pitcher. Stir and pour into tumblers over crushed ice.

Makes about 12 servings.

Recipe Courtesy of **House & Garden's Drink Guide**

Strawberry Lemonade 1

Ingredients

1 quart fresh strawberries, hulled

3 cup cold water
3/4 cup lemon juice
3/4 to 1 cup sugar
2 cups Club Soda, chilled
Ice

Garnishes: more strawberries and/or mint leaves.

In blender container, puree strawberries. In pitcher, combine pureed strawberries, water, lemon juice, and sugar; stir until sugar dissolves. Add club soda. Serve over ice and garnish with strawberries and/or mint leaves. Yield: 4 servings.

Strawberry Lemonade 2

Ingredients

Freshly squeezed juice of 9 lemons (1 1/2 cups)
5-6 cups of water
10-oz pkg. fresh or frozen strawberries
Sugar to taste

Combine lemon juice, water, and 3/4 of the strawberry puree. Add sugar until you have reached the desired tartness/sweetness. Add strawberry puree until the strawberry/lemon taste balance is about equal.

Recipe Courtesy of Jody

Vanilla Lemonade

Ingredients

1 1/2 cups sugar
1 1/4 cups water
3 cups freshly squeezed lemon juice (from about 16 lemons)
1 vanilla bean
Ice

In a pitcher or container, whisk together the sugar and water until the sugar dissolves. Add lemon juice and stir. Slit the vanilla bean down the middle lengthwise and, using your fingertips, scrape the contents of the bean into the mixture, dispersing the seeds. Discard the bean and strain out any pieces that remain, other than the seeds. To serve, pour into ten ounce glasses filled with ice. Makes six servings. This elegant lemonade can be made less tart by adding more water or sugar until it suits your taste.

Recipe Courtesy of The City Bakery