

Refreshing summer beverages



Ginger Beer Lemonade

Serves 4

Ingredients

1½ cups fresh lemon juice
2 tablespoons honey simple syrup,
or to taste
1 cup non-alcoholic ginger beer
Lemon slice for garnish

Instructions

Juice about 5 to 6 lemons into a pitcher. Add honey simple syrup and stir. Check the taste and add more syrup if you prefer less tartness.

Fill a glass with ice. Fill halfway with lemon juice and honey simple syrup. Fill to the top with ginger beer.

Garnish with a lemon wedge.

Nutrition per serving

62 calories
0 g fat
16 g carbohydrates

Honey simple syrup

Add 1/2 cup of honey and 1/2 cup of water to a saucepan. Bring to a boil and stir until honey is incorporated. Turn off the heat and allow to fully cool. Store in an airtight container in refrigerator for up to two weeks.



Strawberry-Mint Lemonade

Serves 4

Ingredients

1/3 cup fresh lemon juice
2½ cups lime juice
5 mint leaves
4 strawberries
1 cup club soda
3 tablespoons honey simple syrup, or
to taste
Strawberry and mint sprig for garnish

Instructions

Juice lemon and limes into a pitcher. Add honey simple syrup to taste.

Divide strawberries and mint into glasses and muddle.

Fill glass with ice. Fill half way with lemon juice, lime juice and syrup mixture.

Fill glass the rest of the way with club soda.

Garnish with a mint sprig and strawberry.

Nutrition per serving

95 calories
0 g fat
28 g carbohydrates



Cucumber Basil Sparkling Limeade

Serves 4

Ingredients

1¼ cups fresh lime juice
2 tablespoons honey simple syrup,
or to taste
1 large seedless cucumber with skin,
sliced ¼-inch thick
6-8 sprigs of basil
1 cup club soda
Cucumber and basil for garnish

Instructions

Juice limes into a pitcher. Add 2 tablespoons of honey simple syrup, adjusting to your liking.

Put two or three basil sprigs into glass and two or three slices of cucumber in a glass. Muddle together.

Fill glass with ice. Fill glass halfway with lime juice and honey simple syrup mixture.

Fill glass the rest of the way with club soda.

Garnish with cucumber and basil.

Nutrition per serving

37 calories
0 g fat
9 g carbohydrates