

Electric Lemonade

Source: Kimberly Snyder Category: Vegan Beverages
Prep Time: 10 min Cook Time: 0 min Total Time: 10 min
Serves 6

Ingredients:

6 cups filtered water
4 lemons, de-seeded and peel cut off (can include the white pith, which has vitamin C)
Coconut nectar, stevia to taste (start with around 1/4 cup of coconut nectar and some stevia, then adjust to taste)
1/2 tsp. turmeric powder
Pinch of black pepper
Pinch of maca
1/2 cup basil leaves

Instructions:

1. Prepare the ingredients.
2. Place all ingredients except basil in a blender and blend on high for 45 seconds. The mixture may foam and expand, so it's good to have a kitchen towel handy.
3. Strain mixture to remove any pulp.
4. Add to a BPA-free or glass container, stir in basil, and set in the fridge to chill.

Notes:

Can be made up to 1 day ahead.

Equipment needed:

Blender
Strainer

Serving suggestion:

Serve with ice and additional water if you prefer it more diluted.



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Recipe Link:
<https://www.betterveganrecipes.com/electric-lemonade>