

Lavender Lemonade

Chef Amy Symington

Preparation Time: 10 minutes



Ingredients

6 servings

1 cup (250 ml) fresh lemon juice, approximately
8 lemons
¼ cup (60 ml) maple syrup
10 sprigs of lavender
1 L filtered water of choice, chilled

Garnish

6 lemon slices

24 servings

4 cups (1 L) fresh lemon juice, approximately
32 lemons
1 cup (250 ml) maple syrup
40 sprigs of lavender
4 L filtered water of choice, chilled

Garnish

24 lemon slices

Directions

1. In a large punch bowl, add lemon juice, maple syrup and lavender.
2. Stir lemonade until maple syrup is completely dissolved and allow to rest in the fridge for 10 to 15 minutes.
3. When ready to serve, stir and pour evenly into glasses. Top with water and garnish with a slice of lemon. Serve on a blazing summer's day.

Tips:

- 1) For 6 servings, lemonade can be prepared in a large mason jar. Tightly secure the lid and shake vigorously to combine.

Nutritional information:

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL)	
par 1 tasse (250 mL)	
Calories 45	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0.1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Omega-3 / oméga-3 0 g	
Carbohydrate / Glucides 12 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 0.3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 10 mg	1 %
Potassium 100 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 0.1 mg	1 %
Vitamin A / Vitamine A 0 mcg	0 %
Vitamin C / Vitamine C 17 mg	19 %
Vitamin E / Vitamine E 0.1 mg	1 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Intro: Break out your fanciest fascinator and picnic attire because the regular old lemonade you know and love has just been upgraded. This is a refined sugar free version of the old classic with the addition of the mildly floral flavour of lavender. Cheers!

Symbols: good for bowel motility, nausea and fatigue, kid friendly, good for summer, easy to swallow, nut free, soy free

Functional foods present: citrus fruit (lemons), herbs (lavender)

Examples of phytonutrients and anti-oxidants present: vitamin C (citrus fruit), linalool and linalyl acetate (lavender)