

Mint Lemonade (vegan, grain-free, refined sugar free)

Ingredients:

2 large fresh organic lemons

2 Tbsp organic maple syrup

3 very large sprigs of fresh mint

Water

Ice cubes

Instructions:

1. Squeeze the lemons directly into a carafe or pretty pitcher.
2. Add the maple syrup and stir.
3. Add the mint sprigs.
4. Fill the carafe/pitcher to three quarters full with tap water.
5. Add about 12 ice cubes and stir again.
6. Let sit in fridge for 5-10 minutes.
7. Put on your summer clothes and enjoy!

In health and yumminess,
Mindy

