Loma Linda University Allied Health Nutrition & Dietetics

Title Pink Lemonade

Portions: 8

Ingredients:

Amount Item

- 8 lemons
- 1.4 liters boiling water
- 100g caster sugar
- 200g raspberries
- 1 oz raspberry syrup

Method:

- 1. Using a peeler, remove the zest from the lemons leaving the pith intact. Squeeze the juice to make up 450ml. Set aside.
- 2. Place the lemon zests, sugar, boiling water and raspberries in a saucepan. Bring to the boil, stirring until the sugar has dissolved. Turn off the heat, cover and leave for 30 minutes. Add raspberry syrup if desired.
- 3. Strain into a large jug and allow to cool completely. Stir in the lemon juice, cover and chill for 2 hours.

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