

Lavender Lemonade with Hibiscus

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Servings: 8

6 cups water

1 to 1-1/4 cups honey

*2 tablespoons dried
lavender buds*

*1 1/2 teaspoons coarsely
crushed dried hibiscus
petals*

1 1/2 cups fresh lemon juice
ice cubes

Preparation Time: 1 minute

In a saucepan, stir together three cups of water, the honey, lavender and hibiscus petals. Bring just to a boil, about 8 minutes. Reduce the heat to medium-low. Simmer, uncovered, for 10 minutes, stirring occasionally. Remove from the heat. Let stand about one hour.

In a large pitcher, stir together the remaining three cups of water and the lemon juice. Strain the honey mixture into the pitcher, discarding the solids.

Chill, covered, for four to twenty-four hours.

Serve over ice cubes.

Per Serving (excluding unknown items): 140 Calories; 0g Fat (calories from fat); trace Protein; 39g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Fruit 1/2 Other Carbohydrates.