

The Art of Cuisine



Best Lemonade

Serves 6 to 8

Nothing says summer better than a tall, cool glass of lemonade. However, most mass-produced lemonade is achingly sweet and sugary with little to no lemon taste.

Fresh-squeezed lemon juice makes a huge difference, but the addition of lemon zest elevates the flavor to another plane. And muddling, or mashing, one of the lemons together with sugar and Stevia provides just the right amount of sweetness: The sugar crystals absorb the intense flavor of the oils and maximize the lemon's flavor. Look for large, slightly soft lemons—they tend to be extra-juicy. Store the lemonade in a covered container in the refrigerator for up to 3 days.

Ingredients

- large lemon, sliced thin, ends discarded
- ½ cups sugar
- tablespoons Stevia
- 7 cups cold water
- cups fresh lemon juice (from about 12 lemons)
- Ice (for serving)
- Raspberries, frozen and pureed (optional)

Preparation

Using potato masher, mash lemon slices, sugar and Stevia, in deep bowl until slices release their juice and sugar begins to dissolve. Stir in water and lemon juice until sugar completely dissolves. Strain out lemon slices add raspberries then chill or pour over ice before serving

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