



Honey Mint Lemonade

Mint has a refreshing flavour, together with the appetising effect of citric acid in lemon, the lemonade is perfect for stimulating appetite during summer.



Ingredients

1. Lemon	1 medium (~65 g)
2. Mint leaves	20 pieces (~1 g)
3. Honey	2 tbsp
4. Water	1 L
5. Ice cubes	as appropriate

Method

1. Wash the lemon, halve and squeeze for the juice.
2. Put the lemon juice and mint leaves in a glass. Stir gently to release the flavour of mint.
3. Add the water and honey. Stir well. Add in ice cubes to serve.

Nutrition / Preparation Tips

1. Mint is a natural seasoning with a refreshing flavour. It can stimulate appetite and has a cooling effect.
2. Lemon is a source of vitamin C, which facilitates iron absorption, has antioxidant effect and helps to support the immune system.

Notes for Special Diets

● Diabetic diet

Exchange each serving for 2 pieces of soda crackers (1 carbohydrate exchange)

Nutrient Analysis(per serving)

Energy(kcal)	35
Carbohydrate(g)	10
Protein(g)	0
Fat(g)	0
Dietary fibre(g)	1
Sodium(mg)	1

