



Fresh Mint & Ginger Lemonade

This lemonade starts with a fresh mint infusion, but in a pinch you could certainly use mint tea bags instead.

8 qt. water

10 cups packed fresh mint leaves

7 cups chopped fresh ginger

7 cups honey

7 cups lemon juice (28 lemons)

Mint sprigs and lemon slices, for garnish

1. In a large saucepan, bring 3 quarts of water to a boil. Add the mint and ginger and let steep for 40 minutes.
2. Strain and stir in the honey, lemon juice and remaining 5 quarts water. Chill.
3. Serve over ice, garnished with fresh lemon slices and mint sprigs.

Makes 12 quarts

Total time: 1 hour 5 minutes (plus chilling)

Per cup: 159 calories, 0 g fat (0 g saturated), 0 g protein, 44 g carbohydrates (0.2 g fiber),
0 mg cholesterol, 2 mg sodium

