STRAWBERRY MINT LEMONADE

INGREDIENTS

1 ½ cups freshly squeezed lemon juice
2 cups of fresh mint
1 pint of strawberries
¼ cup agave or honey
¼ cup sugar
8 cups of water

METHOD

Cut and juice lemons, crush mint with a mortar and pestle if you have one, and clean and remove the stems from the strawberries.

In a blender or food processor combine the lemon juice, mint, strawberries, agave syrup, and sugar. Blend or process until the mint leaves are pureed into the liquid.

Add this mixture to the water and stir.

For popsicles, pour mixture into 3 oz paper cups. Place several paper cups into a deep pan. Cover pan with plastic wrap. For each cup, poke a popsicle stick through the plastic wrap. Freeze for several hours.