

# Blueberry Lavender Lemonade

**PREP TIME:** 15 minutes

**COOKING TIME:** 10 minutes

## INGREDIENTS

10 lemons

½ cup blueberries, frozen

¼ cup of brown sugar

6 cups of water

½ cup lavender syrup (an option to lavender flowers and brown sugar)

## DIRECTIONS

1. Squeeze and strain fresh lemons in 6 cups of cold water in a pitcher
2. Boil dried lavender flowers in the 2 cups of water in a pot.
3. Cool down to add to pitcher of lemonade with brown sugar.
4. Or skip steps 3 and 4, add lavender syrup.
5. Add frozen blueberries into the pitcher with sliced lemons.

Ready to serve up to 4.

# Gingerade

**PREP TIME:** 15 minutes

## INGREDIENTS

4 cups coconut water

1 fresh lemon, squeezed

¼ cup ginger root, chopped

¼ cup of brown sugar (optional)

1 cup fresh pineapple, chopped

## DIRECTIONS

1. Chop fresh pineapple and ginger
2. Pour coconut water into blender.
3. Add pineapple, ginger, brown sugar, lemon juice into blender.
4. Strain and separate pulp from the liquid in a pitcher.
5. Chill in the fridge.

Serve 4 or more. You can add ice to the blender to make a homemade icee.

*Recipe by Tandra Raye Stevenson (<http://tambraraye.weebly.com/>)*

*Provided via Cooking with Soul Online Cooking Demo from the U.S. Botanic Garden*

