

Herbal Legacy Recipes

The Perfect Natural Lemonade

by Traci Sellers

Lemons (and limes) are unique among fruit as they will aid digestion instead of fermenting foods. As such we can 'legally' enjoy a lemonade! The fastest, easiest and tastiest way to make lemonade is with agave nectar, because it dissolves quickly in cold water.

8 oz water (distilled preferred)
Juice of 2 lemons or about ¼ c
¼ c raw agave nectar
ice, if desired

1. Stir together all ingredients and taste test for desired tartness and sweetness. Chill or add ice if desired.



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