



Dose  of Nutrition

Berry Mint Lemonade

BY HUMA NAZ



2 servings



Total time:
6 minutes



Gluten-free



Vegetarian

INGREDIENTS

- Juice from 1 medium lemon
- 2 cups filtered water
- 6 mint leaves
- 1/4 cup raspberries and blueberries
- 2 tbsp. granulated monk fruit sweetener (or to taste)
- 2 lemon slices for garnish
- Ice (as desired)

DIRECTIONS

- 01** Heat 1 cup of water on the stove or microwave and mix in monk fruit sweetener. Combine the hot water with 1 cup of cold water. Add the lemon juice into the water and stir well.
- 02** Divide the liquid into 2 serving glasses. Toss berries into each glass along with mint leaves. Garnish each glass with a lemon slice. Add ice & enjoy!

RECIPE NOTES:

- Lemonade can last 5-7 days in the refrigerator without the added berries. With the berries added, it can be stored in the refrigerator for 1-2 days.
- Once you toss the berries into the lemonade, you can mash them with a utensil for more flavor and to enjoy bits of fruit with every sip!

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