

CDC Recipes: Renal-friendly Italian Lemonade



Ingredients

- 1 bunch fresh basil (washed and stemmed)
- 2 cups sugar
- 1 cup water
- 2 cups lemon juice (12 to 15 lemons)
- 2 cups cold or sparkling water

Preparation

Basil Simple Syrup

1. In a saucepan, combine basil, 2 cups sugar and 1 cup water.
2. Simmer until the sugar is dissolved, roughly 5 minutes.
3. Cool, strain and store in the refrigerator until ready to use.

Lemonade

4. Mix lemon juice, basil simple syrup and 2 cups cold or sparkling water together in a pitcher.
5. Refrigerate until ready to serve.

Details

Yield

6 servings

Serving size

1 cup

- Calories: 276
- Protein: 0.3 g
- Sodium: 6 mg
- Potassium: 85 mg
- Phosphorus: 7 mg
- Carbohydrate: 72 g
- Dietary Fiber: 0.2 g