

Carrot Lemonade

Servings: 400ml

Prep Time: 10min

Cook Time: 0



Ingredients

- 150g carrots, grated
- juice 5 lemons
- juice 1 orange
- 150g golden caster sugar
- ice
- sparkling water

Directions

1. In a bowl, stir together the carrot, lemon juice, orange juice and sugar. Steep in the fridge for at least 1 hr, stirring occasionally to dissolve the sugar. Pour the mixture through a sieve into a large jug to get rid of the pulp.
2. To make the lemonade, pour 25ml-50ml (depending on how sweet you like it) of the carrot mixture into each glass, add some ice then top with 200ml sparkling water.