

Honey Come to My Ade

You could start your own business with a honey lemonade stand.

- Makes 4 servings -



Ingredients

3/4 cup honey
1 cup lemon juice
1 lemon, thinly sliced
1 quart carbonated water
Ice cubes

Directions

Mix honey and lemon juice together in a 1-quart juice container until honey dissolves. Add carbonated water and lemon slices. Refrigerate until cold. To serve, fill each glass with ice.

Tips

The Science of Honey: How Sweet It Is

Table sugar is sucrose, a naturally-occurring sugar made up of one glucose molecule and one fructose molecule joined together. Fructose seems sweeter to our taste buds, and honey has lots of fructose. You can use less honey than sugar in recipes for that reason.

Note: Honey should not be fed to infants under one year of age. Honey is a safe and wholesome food for children and adults.

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