



Maple Lemonade

Ingredients

5 cups of water

1 1/4 cups of fresh squeezed lemon juice (5-6 lemons)

1/2 cup of pure Vermont Maple Syrup (Amber with Rich Taste or Dark with Robust Taste)

Optional Herbs: Sage, Rosemary, Lavender

Directions

Combine ingredients, add ice, stir and enjoy!

Makes 7 cups

Make Wise Choices - Eat Healthy

Visit us at www.barredwoodsmple.com