



Classic and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Plum Lemonade (4 servings)

Ingredients

4 cups water

6 heavy/juicy plums with peels on

2 lemons - *juiced*

3 Tbsps agave, honey, or maple syrup

Lemon rind - *garnish*

Sprig of rosemary - *garnish*

Preparation

- Place cut plums and lemon juice in a bowl
- Mash the fruit together into a smooth paste with a drink muddler, or the back of a spoon
- Combine the water and agave in a pitcher, stirring until mixed.
- Add the plum and lemon “paste,” stirring until well combined.
- Add more lemon juice, or agave to desired taste
- Pour over ice, add garnish and enjoy!