



# DELICIOUS ICED BEET LEMONADE

## Ingredients:

- 3/4 cup fresh lemon juice
- 2/3 cup granulated sugar
- 1/4 cup finely grated raw beet
- 6 cups filtered water, divided
- 1/2 cup ice chips (optional)

## Preparation:

1. In a blender, blend sugar, lemon juice, ice chips, grated beet and 1 cup of water for a minute or until you get a bright pink mixture.
2. Strain the mixture through a mesh strainer into a pitcher.
3. Add 5 cups of water to the pitcher and stir.
4. Adjust the sugar or lemon for preference and serve chilled.