

Long Livo

Berry Blast Lemonade

A bright, fruity lemonade infused with mixed berries, perfect for a sunny afternoon.

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Beverage** Course

Ingredients

Main Ingredients

- [ ] 1 cup fresh strawberries, hulled and halved
- [ ] 1 cup fresh blueberries
- [ ] 1 cup fresh raspberries
- [ ] 1/2 cup freshly squeezed lemon juice (about 3 lemons)
- [ ] 2 tbsp honey or agave syrup
- [ ] 2 cups cold sparkling water
- [ ] Ice cubes, as needed
- [ ] A handful of fresh mint leaves

Optional Sweetener

- [ ] Extra honey for serving, if desired

Instructions

1. Gather all berries, rinse them under cool water, then pat dry on a clean towel.
2. In a large pitcher, gently muddle the strawberries, blueberries, and raspberries just enough to release their juices while keeping some shape.
3. Add the fresh lemon juice and honey; stir until the honey dissolves completely.
4. Fill the pitcher with ice cubes, then slowly pour in the sparkling water, giving it a gentle stir to keep the bubbles lively.
5. Finish with torn mint leaves, garnish each glass with a lemon wheel and a few whole berries, and serve immediately.

Nutrition per serving

120 kcal	2 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer less sweetness, reduce honey to 1 tablespoon.
- For a richer flavor, let the muddled berries sit for 5 minutes before adding lemon juice.
- Add a splash of club soda for extra fizz.