

Mango Lemonade Recipe



What's better than an ice cold refreshing drink on a hot summer's day? This summertime drink recipe is a fun, fruity and tropical alternative to traditional lemonade. Plus you can squeeze even more goodness from your concoction by freezing up treats all summer long.

Mango can add a bit of exotic flavor to your everyday summer drinks or smoothies. Look for plump fruits without soft spots, shriveled skin or blemishes. The color will vary depending on the type, but many will be green.

INGREDIENTS

2 large ripe mangos
2 1/2 cups water
2 1/2 cups lemon juice
1 cup sugar, more if desired
Mint sprigs, as much as desired
Pitcher, with lid

INSTRUCTIONS

1. Peel, pit and chop mangos into chunks.
2. In a food processor or blender, puree the mango. There should be about 2 cups of puree when you're finished.
3. In a pitcher, combine the mango puree, water, lemon juice and sugar. Stir well to dissolve the sugar.
4. Cover with lid and refrigerate until very cold, at least 5 hours and preferably overnight. This allows the flavors to blend and intensify.
5. Taste and add additional sugar if desired.
6. Pour the lemonade over ice in tall glasses. Garnish with mint, and serve.