



## Olde English Lemonade

3 unwaxed lemons  
140g caster sugar  
1L cold water

Cut the lemons into big chunks and blend in a processor with the sugar and half the water. Sieve the mixture into a bowl and squeeze out as much juice as you can. Add the rest of the water and stir well. Taste and add more sugar if needed.

This should make over a litre of lemonade, double up if necessary for large Rainbow groups and perhaps try replacing the second half of the water with sparkling water for a modern fizz! If you don't like the "bits" just use the juice and miss out the blender stage. Serve with ice cubes, slices of lemon and cocktail stirrers.