

Sparkling Raspberry Lemonade



Here is a thirst-quenching lemonade that contains maple water. It is therefore full of electrolytes and is delicious and less sweet than what you find on the shelves! The addition of fresh thyme gives this lemonade a more floral taste, but it will be just as good without!

Preparation 5 min
Cooking 8 min
Servings 4
Nutrition Facts (per serving)
Calories 70
Fat 0
Carbohydrates 16
Fibre 0
Protein 0
Sodium 2

Ingredients

Hot Mix

- 250 ml (1 cup) frozen raspberries
- 60 ml (¼ cup) water
- 45 ml (3 tbsp) maple syrup

- About 5 sprigs fresh thyme (optional)

Cold mix

- 500 ml (2 cups) maple water
- 500 ml (2 cups) sparkling water
- Juice of 3 lemons

For serving

- Ice cubes
- Raspberries
- Sprigs of thyme

Preparation

1. Place raspberries, water, maple syrup and thyme, if desired, in a high-sided pot. Bring to a boil, then reduce heat to low and simmer for 8 minutes, stirring occasionally.
2. Place a sieve over a bowl and pour the mixture through the sieve to keep only the juice. Use the raspberry puree to make a [smoothie](#)!
3. Add maple water, sparkling water and lemon juice.
4. Just before serving, pour the lemonade into glasses filled with ice cream. Add raspberries and thyme sprigs if desired.

Notes



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