

Sparkling Kiwi, Lime and Rosemary Lemonade



Sip on the perfect balance of tangy kiwis, refreshing lime, and aromatic rosemary in this fizzy and invigorating beverage. Try it today for a revitalizing twist on classic lemonade.

Preparation 10 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 50

Fat 1

Carbohydrates 12

Fibre 3

Protein 1

Ingredients

- 125 ml (½ cup) water
- 250 ml (1 cup) packed spinach
- 4 kiwis, diced
- 2 pressed limes
- 1 litre (4 cups) sparkling water
- A few ice cubes
- Rosemary branch

Preparation

1. Add the water and spinach in a blender and mix for about 1 minute.
2. Add the kiwi and lime juice and mix for another 30 seconds or until smooth.
3. In a large pitcher, pour the mixture and add the sparkling water, then the ice cubes. Mix gently with a wooden spoon.
4. Add a rosemary branch, then serve!

Notes



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