

BEET LEMONADE

INGREDIENTS (MAKES ABOUT 8 CUPS)

- 3/4 CUP FRESH LEMON JUICE
- 2/3 CUP GRANULATED SUGAR
- 1/4 CUP FINELY GRATED RAW BEET
- 6 CUPS FILTERED WATER, DIVIDED

INSTRUCTIONS

YOU CAN USE A FINE GRATING SIDE OF A BOX GRATER TO SHRED A SMALL, RAW, UNPEELED BEET. YOU CAN ALSO USE A FOOD PROCESSOR WITH THE SHREDDER ATTACHMENT, BUT USING A BOX GRATER MAKES IT MUCH EASIER.

IN A BLENDER OR A FOOD PROCESSOR (FITTED WITH THE BLADE ATTACHMENT), BLEND TOGETHER LEMON JUICE, SUGAR, SHREDDED BEET, AND 1 CUP OF WATER. BLEND FOR 1 MINUTE UNTIL THE MIXTURE IS BRIGHT PINK AND WELL COMBINED. THE BEETS WILL NEVER BE FULLY SMOOTH.

STRAIN MIXTURE THROUGH A FINE MESH STRAINER AND INTO A MEDIUM BOWL. USE THE BACK OF A SPOON TO PRESS ANY REMAINING JUICE OUT OF THE BEETS AND INTO THE LEMONADE. TRANSFER STRAINED MIXTURE TO A PITCHER AND DISCARD THE BEETS. ADD REMAINING 5 CUPS OF WATER TO THE PITCHER AND STIR.

TASTE AND ADD MORE LEMON OR SUGAR AS NECESSARY. STORE IN THE REFRIGERATOR AND SERVE CHILLED.

Presented By: Chef Emma Currie