

Refreshing drinks

Make these thirst-quenching drinks to keep cool on a hot summer's day

Homemade lemonade

Ingredients

- 4 unwaxed or organic lemons
- 175g of golden caster sugar
- 1 litre of very hot water (adult only)

Equipment

- small scrubbing brush
- sharp knife (adult use)
- large mixing bowl
- wooden spoon
- plastic sieve

What to do

- Scrub the lemons.
- Cut the lemons in half and squeeze out the juice.
- Place juice and pulp in a bowl and add the sugar.
- Pour approximately 300ml of the hot water into the bowl.
- Stir well until the sugar has dissolved.
- Add the lemon halves to the bowl and pour over the remainder of the water.
- Stir well, cover and leave to cool.
- Strain through a plastic sieve.
- Check the taste before serving and add more water or sugar if needed.

To make fizzy lemonade, use 500ml of hot water, leave to cool and then top up with 500ml of fizzy water when serving.

Fruit smoothies

Put the ingredients in a blender and mix to make delicious fruity drinks.

Peach and banana melba

- 3 peaches or equivalent tinned in juice
- 1 banana
- 1 tbsp raspberries
- 150ml apple juice

Summer fruits

- 2 peaches or nectarines
- 8 strawberries
- 2 tbsps raspberries

