

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Honey Lemonade

From [www.foodchannel.com](http://www.foodchannel.com)

1/3 to 1/2 cup honey (raw is best)  
1 1/2 cups steaming hot water  
1 cup fresh lemon juice  
Ice cubes for serving

1. In a heatproof 1-quart pitcher or bowl, combine the honey and hot water and stir until the honey is dissolved. Stir in the lemon juice. Let cool for at least 10 minutes or cover and refrigerate until ready to serve. Pour into ice-filled glasses.
2. Serves 2 to 4.