



## STRAWBERRY-ELDERFLOWER-LEMONADE

Sparkling and incredibly delicious - this Strawberry-Elderflower-Lemonade puts you in summer mood within seconds! The minty flavor adds a refreshing touch to your beverage. This sparkling, fruity lemonade is the perfect choice for every occasion: In the garden or out on an adventure. It's worth a try, because self-made always tastes the best!

### INGREDIENTS

#### For 1 L:

250 g strawberries  
5 tablespoons of  
elderflower syrup  
2-3 stalks of mint  
800 ml sparkling water

### PREPARATION

Blend the strawberries and put them into the SUND glass carafe. Add the sparkling water and sweeten with 5 tablespoons of elderflower syrup. To give the lemonade a refreshing touch, add a few stalks of mint to it and let it rest in the refrigerator for a couple of hours. Fill it in the TWEE drinking bottle for a cool refreshment on the go.

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and other healthy drinks on [www.boddels.com](http://www.boddels.com)