

Nettle Lemonade

This recipe highlights the incredible powers of Nettles. Nettles have been used for centuries as a nourishing staple green in indigenous traditions. They're rich in the nutrients that are especially needed at the very time of year when the young shoots can be found in the wild - such as minerals, vitamins A and C. Nettles reduce allergic reactions with an anti-histamine effect.

They're named Stinging Nettles due to the formic acid in the little hairs on the stem that can cause a sting or rash on bare skin. For this reason, if you're using fresh Nettles, use gloves and blanch them before ingesting.

This recipe uses dried Nettle leaf which has been cut and sifted. You will find Nettle leaf in the bulk section of your local health food store. Enjoy!

SUPPLIES

Tea kettle with spring water

1 cup measuring cup

2 cup measuring cup

4 cup measuring cup

Small spoon

Strainer lined with cheese cloth

Glasses filled with ice for serving

INGREDIENTS

1/2 to 1 cup dried cut and sifted Nettle leaf (depending on how strong you like it)

2 cups boiling water

2 cups lemonade

Sprigs of fresh mint or lemon balm if you have them

DIRECTIONS

1. In the 2 cup measuring cup, pour in 1/2 to 1 cup dried Nettle leaf
2. Pour 2 cups boiling water over Nettle leaf
3. Stir and steep for 5 minutes
4. Pour Nettle tea through strainer set over 4 cup measuring cup. Press out as much liquid into measuring cup as you are able. Tea will be very dark in color.
5. Add lemonade to taste and stir.
6. Pour Nettle Lemonade into ice-filled glasses. Garnish with fresh mint or lemon balm sprigs.
7. Leftovers can be stored in the refrigerator for up to 7 days.

Check out the [How To video](#).