Sparkling Kiwi Lemonade – Drink Recipes



Sparkling kiwi lemonade provides refreshing, healthy treat in a summer heat. This drink is a combination of all flavors. You can feel tangy taste from kiwi fruit and lemon,

sweet taste from sugar and from the addition of soda and salt. I always love this fruit from my childhood as it gives loads of health benefits. Also my family favorite fruit. I love to eat as a whole fruit sometimes also I prefer to juice but without sugar. For a change, I tried this drink, it was too good and an amazing thirst quencher.. So enjoy this easy to make and tasty drink on a hot summer evening and enjoy..

Ingredients

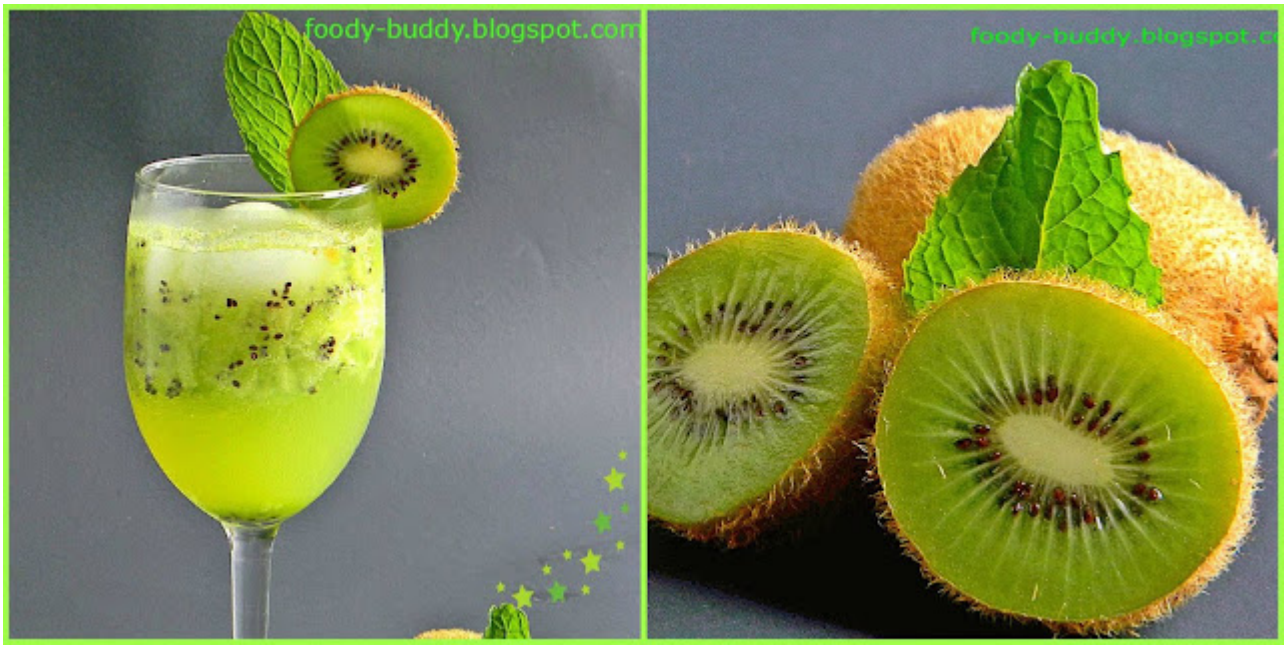
1 Big Kiwi Fruit
1 Tsp of Lemon Juice
1/2 Cup of Spirit Soda
1 Tsp of Sugar
Pinch of Salt
5 – 7 Ice Cubes

To Garnish

A Slice of Kiwi
Few Mint Leaves

Method

- **Peel the skin of the kiwi fruit and mash it well in a bowl. To that add salt, sugar and lemon juice, give a quick stir.**
- **In a serving glass, add ice cubes, kiwi flesh and spirit soda, give a stir.**
- **Finally garnish with a slice of kiwi and mint leaves.**
- **Enjoy this drink on a hot summer evening.**



Tips

- Adjust sweetness according to your taste buds.
- Try kiwi mint lemonade by adding some mint leaves.

Health Benefits of Kiwi

- Kiwi contains a remarkable amount of vitamin C, a water soluble antioxidant that has been proven to fight against cardiovascular disease and cancer.
- High in fiber content which helps improve diabetes, controls blood sugar and protects against colon cancer.
- More in potassium than a banana, ideal for fluid and electrolyte

balance and energy during exercise.

- One of the fat free sources of Vitamin E, a powerful antioxidant that helps boost immunity and helps lower cholesterol. Good source of zinc and folate important for pregnant women.

sending this recipe to Zesty southIndian kitchen


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