



# Lauren Palmer aka Lactation Lemonade

## The Ingredients

- 1 quart nettle infusion\*
- 3 lemons (zest removed)
- 1/2 cup sugar or honey
- 3/4 fresh squeezed lemon juice
- 3 to 4 thin slices lemon for serving

## The Procedure

1. Bring sugar and 1/2 cup of water to a boil. Stir to combine until sugar is completely dissolved. If using honey, stir boiling water into honey to a syrup consistency
2. Remove from heat, add the lemon zest and cover the pot. Steep for 30 minutes, then strain off the solids.
3. Add to a large pitcher lemon juice, lemon syrup, 3 cups of water and 1/2 of nettle infusion. Stir to combine.

\*Note on infusing: Similar to brewing tea, infusing produces concentrated flavor. We like the infusion method for these herbs because the liquid produced is more nutrient dense than brewed tea.

### Infusing Instructions

Bring water to a boil and fill loose leaf tea strainer with 22 grams of Milk Made. Place over your preferred container--we like large mason jars to brew a big batch to sip for a few days--and pour 32 ounces of water through the strainer. Steep 6-8 hours.

**NOT FOR CONSUMPTION WHILE PREGNANT**