Lemon & Rosemary Sparkling Refresher

Herbal and sherbet-sharp, like a very good homemade lemonade.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**5 min**	**10 min**	**4**	**EASY**

Ingredients

- 3 lemons
- 3 sprigs fresh rosemary
- 3 tbsp honey
- 700 ml sparkling water (chilled)
- ice, to serve

Method

1. Put the honey, rosemary sprigs and 100ml water in a small pan. Warm gently for 3 minutes until the honey dissolves and the rosemary smells strong.
2. Take off the heat and leave to infuse for 10 minutes, then remove the rosemary.
3. Stir in the juice of all three lemons and chill.
4. Divide between four ice-filled glasses and top up with sparkling water.

Tips & swaps

- Do not boil the rosemary or it turns medicinal and slightly bitter. The syrup keeps two weeks in the fridge, so make it once and build drinks all week.

Storage & reheating

Syrup keeps in the fridge for up to 2 weeks.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
50	**0g**	**13g**	**0g**	**0g**

Estimated values, for guidance only.