

Lemon Nana

(Frozen lemonade/limeaid with mint)



When I was in India, I loved a drink called a lemon nana (this picture is from there). It was served frozen, like Dells, and had flavors of mint and citrus. Really wonderful in the heat of the day. I searched the internet not finding exactly what I remembered. During the reconnaissance I discovered that the recipe is possibly originally middle eastern. I then thought of emailing a friend I met in India, and he sent me two YouTube videos. Through a little adjusting, I think I have it down. This is great on a hot summer day. Rishikesh is alcohol free, however, like Dells, I think

this could also be enhanced (for the right occasion), with some spirits!
Thank you, Sahdev!!!

This recipe makes two glasses.

Ingredients:

- 1 Cup fresh mint leaves
- ½ Cup lemon or lime juice (or combination)
- 4 Tbl simple syrup (or 3 Tbl sugar)

Combine the mint, juice, simple syrup along with about $\frac{3}{4}$ a cup of water and a cup of ice. Blend to reach desired consistency (slushy). I start with a little less water and adjust up or down. Pour into glasses and garnish with lemon or lime.

Yum!