

RECIPE

לימאנענע

MINT LEMONADE



INGREDIENTS

Juice of 3–4 lemons or 10 limes

⅓–½ cup sugar

6 cups water

3–4 sprigs of fresh mint or 1 tsp dried mint

1 lemon, sliced thin



*Adapted from Aruchot Aruchot,
by Yisrael Aharoni*



Serves 5–6

INSTRUCTIONS

Heat the sugar and 1 cup of water in a pan until the sugar is dissolved.

Place all ingredients in a large pitcher with ice cubes.

Stir well. Wait 10 minutes and serve.

TURN THIS INTO AN ICY, SLUSHY DRINK KNOWN IN ISRAEL AS LIMONANA:

Place the mixture into a blender and blend until the drink has a uniform consistency.

Serve immediately—and be ready for everyone to want seconds!



ABOUT לימאנענע

MINT LEMONADE

Israeli summers are hot! Everywhere you go, people will remind you to drink lots of water. Water is good—but why limit yourself to straight H₂O? Mint Lemonade, or limonana, is the ideal thirst-quenching drink that will pick you up and give you energy.

Culinary sources refer to limonana as “Israel’s contribution to the world of slushy summer drinks.” Using the citrus that grows in abundance in Israel and the mint leaves that seem to grow everywhere, people whip up this drink—chilled or frozen—all summer long. You can also make it with dried mint and—if you must—powdered lemonade.

NOTES

