

Alkaline Diet Recipe: Alkaline Lemonade



Last time, I shared [the truth about Kombucha](#), one of the latest health food crazes. Unfortunately, it contains sugar and creates alcohol (yes, alcohol!), negating the positive effects of the probiotics in the effervescent tea.

So today, I've got a delicious alternative for you. If you like the sweet, tart taste of Kombucha, you'll love this no-acid lemonade.

You might not have thought it was possible to drink lemonade and stay off your acid, but as a raw food chef, one of the things I love to do is come up with ways to enjoy your favorite flavors and keep your healthy lifestyle.

So give this a try and let me know what you think over [on Facebook](#).

Alkaline Lemonade

Serves 4

INGREDIENTS

3 lemons, peeled
3 tbsp. of oil: coconut, flax, or extra virgin olive
1 green apple
6 cups filtered water
1 tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
Organic liquid Stevia, to taste (few drops)
Optional: 1 tsp. grated ginger
Optional: Pinch cayenne pepper



DIRECTIONS

Peel lemons and remove seeds. Core apple. Add all ingredients to the blender and blend on high speed.

Makes 1 pitcher. Keep refrigerated.

Serve and enjoy!



For more on which foods to avoid (like sugar) and which to eat more of (like lemon and coconut oil), get

your copy of [The Ultimate Alkaline/Acid Food Chart](#) now for easy, clear information about hundreds of foods!