

## Mint Splashed Lemonade, by Kelly Pomeroy

1 c. juice from lemons and a few limes

$\frac{3}{4}$ -1 c. honey, agave, or maple syrup (I like a blend of them)

6-7 c. water

1 handful of fresh mint leaves (not the stem, just the leaves)

$\frac{1}{3}$  c. coconut milk

1  $\frac{1}{2}$  c. Ice

Mix all these ingredients in the blender and blend until the leaves are small. This is an absolutely delicious and refreshing drink. Great for digestion and for cooling off in the summer heat!