

LEMONADE, FULLY



THE COOKFUL

Edited by Lyndsay Burginger and Christine Pittman

Lemonade, Fully

The last blast of Summer, Labor Day Weekend, is just around the corner. To celebrate all the hot hot fun one more time before we turn our thoughts to Fall we decided to focus on Summer's most refreshing drink, lemonade!

In this Ebook we have a perfect classic lemonade recipe for you as well as a bunch of delicious twists. We also have how to's and tips galore. We even help you run a successful lemonade stand. Totally fun, right?

Let's dive in and get refreshed.

I hope you have a ton of fun in the sun!

Christine



THE COOKFUL

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Edited by Lyndsay Burginger and Christine Pittman. Designed by [Garnishing Co.](#)

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Lemonade Shopping Guide

By Lyndsay Burginger

The sun is shining, the birds are chirping; it's a beautiful summer day. Wait, something seems to be missing...Ahhh a tall glass of lemonade and all the essentials you need to make it. So join us, and follow along with our lemonade shopping guide.

Nothing says summer more than a tall glass of sun-kissed lemonade, don't you think?

Lemonade is one of the easiest drinks to make. Take a lemon and give it a squeeze. Add some water, sugar, ice, done! While it may be simple there is no reason that simple has to be boring. Let the shopping commence!

We first have to think of the lemon and how we are going to get all the juice out. We could go all high-tech with an **electric citrus juicer**, which seems perfect for making gallons upon gallons without tiring out our hands. Or we could go a simpler route, and use a **hand held**

Lemonade Shopping Guide

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lemon squeezer which can also be incorporated into our workout routine (gotta love those multitaskers).

Next up is to freeze some ice cubes for our refreshing drink. Square ice cubes are so....boring. I'd much rather prefer sipping on my lemonade with **round sphere molds** (they look like planets!) Or a **geometric ice cube mold** which reminds me of a bee hive. Oh bee-have....

Now you can't expect to serve your fabulous lemonade in just a plain ol' cup. Serve it up in a **glass pitcher** or if it's for a crowd let your guests dispense the lemonade out of a **2-gallon beverage dispenser**. And don't forget to serve up some snack and treats on a **lemonade inspired serving platter**.

Speaking of serving lemonade, why not add some entrepreneurial ideas to your lemonade and help open up a stand with your child or sibling? You can set up your **table** to sell the lemonade, along with some adorable **cups** and **straws**. Sit back and sip on some lemonade as they sell it to friends and neighbors. It's going to be so fun!

[CLICK HERE TO SEE OUR FAVORITE ITEMS FROM THIS SHOPPING LIST!](#)



Classic Lemonade

By Lyndsay Burginger

Sour and sweet, this lemonade is complete! Break out your sunglasses and a floppy sunhat to enjoy this classic lemonade.

Lemonade is the quintessential summer drink. Fresh, quenching, and above all, so sweet and tart.

Today we are making a classic lemonade fit for a crowd. Serve this with some small appetizers at a pool party or even shared with friends at a concert. Sip, dance and enjoy!

Lemonade is like music; everyone has their personal tastes. This recipe is a symphony of sweet and sour but can be adjusted to your personal taste. I personally prefer it on the sweeter side but my sister loves when it's so sour her lips instantly pucker.

One of the tricks I use to make sure my lemonade is super sweet is to make a simple syrup. This syrup is an equal mixture of sugar and water heated until the sugar is fully dissolved. This allows the sugar to mix into the entirety of the drink rather than leaving you with crunchy bits of sugar at the bottom of your glass.

Classic Lemonade

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Yield: 5 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 2 quarts

1. In a medium sauce pan mix together sugar and 1 cup of water and heat over medium until sugar is dissolved and simmers, about 4 minutes. Remove from heat.
2. In large 2-quart pitcher combine remaining water and lemon juice. Stir in syrup and add ice. Serve cold.

Ingredients:

1 cup sugar

5 cups water, divided

1 cup lemon juice

1 cup ice



100% Whole Lemon Lemonade

By Maria Siriano

We are the generation of instant gratification and this 100% whole lemon lemonade quenches my immediate thirst in a matter of minutes. Insert happy lemon emoji here!

As much as I love lemonade in the summer, I've always hated the task of juicing lemons, and I never seem to have enough lemons on hand. Plus, between making [a sugar syrup](#) and waiting for it to cool... I've almost lost my thirst for it by the time it's ready.

So when I heard about “blender lemonade” or “whole lemon lemonade,” it sounded like the perfect solution. In case you aren't familiar, blender lemonade is based on the simple idea that you can blend up a whole lemon with some water, sugar, and ice and have a nice tall glass of cold lemonade in under 5 minutes. Magic, right?

But I was skeptical. Wouldn't the rind make the lemonade bitter? Would it actually be as good as “real” lemonade? I decided to put it to the test following these steps:

100% Whole Lemon Lemonade

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Cut your lemon in half lengthwise, then cut each half into quarters lengthwise so you end up with eight lemon slices. Cut off the pith from the center of each wedge, then knock the seeds out with your knife.

Place your lemon slices into a blender. Add 2 cups of water, a handful of ice cubes, and some sugar (I used 1/4 cup of granulated sugar, but you could use more or less depending on your taste, or even try a liquid sweetener like honey or agave nectar).

Then just blend it up until it's smooth. I used my Vitamix and it was done really quickly, but a regular blender should be able to do the job in 1-2 minutes.

The result? An opaque lemonade with a foamy top that tastes pretty darn close to the real deal.

It isn't too intensely lemony, so if you are after a lemon explosion, put the time in for a true lemonade like the classic version earlier in this book. The blender lemonade isn't quite as pretty as real lemonade, and there's a slight bitterness from the rind, but neither were bothersome enough to outweigh the convenience of the recipe. Definitely give this method a shot if you want lemonade pronto!

100% Whole Lemon Lemonade

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Yield: 1 serving

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Ingredients:

1 lemon

2 cups water

1/2 cup ice cubes

1/4 cup granulated sugar

1. Cut your lemon in half lengthwise, then cut each half into quarters lengthwise so you end up with eight lemon slices. Cut off the pith from the center of each wedge, then knock the seeds out with your knife.
2. Place your lemon slices into a blender. Add water, ice cubes, and sugar. Blend until smooth, about 1-2 minutes.



Arnold Palmer

By Lyndsay Burginger

Fresh squeezed lemonade and refreshing iced tea make this Arnold Palmer a hole in one.

Arnold Palmer is one of the greatest golfers in history. As “The King” of golf, he spent a lot of time on the course perfecting his game. While participating in the 1960s US Open in Denver, Palmer went into the country club bar to quench his thirst.

This is where food, or shall I say drink, history was made.

Palmer walked up to the bartender and asked for a mixture of iced tea and lemonade. Sounds refreshing, right? Well, the woman sitting next to him was intrigued and had to order “that Palmer drink.”

The rest is beverage history.

Arnold Palmer

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Today's Arnold Palmer recipe is very simple to make, almost too easy. You mix together some of our classic lemonade from earlier in this book with a fresh brew of iced tea. You can either brew your own or buy iced tea from the store.

Yield: 1 quart

1. In a pitcher combine iced tea and lemonade. Top with ice and serve.

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Ingredients:

2 cups iced tea

2 cups classic lemonade

ice



Grown-Up Strawberry Lemonade Popsicles

By Samantha Seeley

If the ice cream man sold these grown up strawberry lemonade popsicles all of my neighbors and I would be chasing the van down the street. They're delish!

Ahhh... Lemonade. What is better to refresh yourself after a long Summer afternoon outside with your kids, pets, or hey... doing yard work! Have you ever had subpar lemonade? Yeah, me too. Instead of keeping this Grown Up Strawberry Lemonade recipe in liquid form, I opted to freeze them and turn them into Grown Up Strawberry Lemonade Popsicles. Nothing subpar there!

These popsicles are “Grown Up” because they are spiked with a bit of classy white wine and sweetened with simple syrup infused with thyme.

Grown-Up Strawberry Lemonade Popsicles

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The basis for simple syrup is just sugar and water heated up until the sugar melts and dissolves into the water. It really is that simple, hence the name. Since lemons are really sour, you will need this to balance that out. Without the heat, it is really difficult to dissolve the sugar into the lemon juice and water.

What's great about heating up the sugar and water that we can add a more grown up flavor. I really love to infuse simple syrup with herbs. You can use basil, rosemary or thyme. All you have to do is add the herbs when you remove the mixture from the heat and then let it infuse while the syrup cools.

For these frozen lemonade pops I also used strawberries to jazz things up a bit. The same thing can be done with virtually any type of fruit. The combinations are endless with simple syrup and lemonade!

I used a popsicle maker and sticks for these but you can just as easily use small dixie cups or any other container and stick combo you desire!

Yield: 6 servings

Prep Time: 30 minutes

Cook Time: 5 minutes

Total Time: 35 minutes

Ingredients:

1 cup water

1/2 cup sugar

4-5 thyme sprigs

6 lemons

1/2 cup strawberries

2 oz. dry white wine

1. In a medium saucepan, combine the water and sugar and heat on medium-low heat until the sugar dissolves.
2. Remove from heat and add the thyme sprigs and let steep for 5-10 minutes.
3. After steeping, drain the simple syrup mixture away from the thyme sprigs.
4. Juice the lemons and add the juice and the white wine to the thyme simple syrup.
5. Hull and slice the strawberries. Add the strawberries and the mixture to the bowl of a food processor or blender and pulse until strawberries are blended with the liquid.
6. Pour the mixture into the popsicle maker and add the popsicle sticks. Freeze overnight.



Key Limeade

By Lyndsay Burginger

Bring some Floridian flair into your kitchen this afternoon with this Key West inspired Key Limeade. It's so refreshing even Hemingway and all of his cats would enjoy it!

Key limes are my favorite. Not only because they produce my favorite kind of pie (be still my heart) but because they're sweeter than normal limes. That totally makes for a sweet and sour concoction to sip up.

Finding key limes is easy in Florida, however it might be a bit more difficult to find fresh key limes in other places. For this we suggest buying bottled key lime juice. You can find it either in your grocery store or buy it online.

Once you have all your ingredients the fun can begin. We used fresh key limes and used a standard citrus juicer to extract the juice. You can also do this by hand, squeezing the juice from the limes and then collecting the seeds in a sieve.

Key Limeade

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Add the water, simple syrup and ice and you are ready to garnish with mint.

Want more mint flavor to pop in your drinks? Smack it! That's right, grab a few mint leaves in the palm of your hand and smack your hands together. The essential oils will release giving off a fragrant aroma. Place in your limeade and inhale. Mmmmm.

Yield: 2 quarts

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Ingredients:

8-10 key limes or 1/2 cup
bottled key lime juice
1 cup simple syrup
5 cups water
2 cups ice
mint leaves for garnish

1. Roll the limes back and forth on the counter to break the membranes inside the lime and make them easier to squeeze. Cut each in half and juice with a juicer or by hand. You should have about 1/2 cup of key lime juice.
2. Add key lime juice, simple syrup, water and ice to a pitcher. Taste for sweetness and adjust accordingly. Serve cold with mint leaves in the pitcher or in glasses for garnish and a little extra flavor.



10 Lemonade Mix-Ins

By Lyndsay Burginger

Add some pizzazz and sparkle to your lemonade with our favorite mix-ins to make your lemonade shine bright like a diamond.

Lemonade is fantastic. It's one of those drinks that, just like a little black dress, can be dressed up for a night on the town with a few accessories. Don't get me wrong, I love that black dress by itself, but I do love a fun night on the town.

We at The Cookful decided to put together a list of our top ten favorite mix-in's to make your lemonade pop! Whether it be for a special occasion or just for a night watching romantic comedies on the tv, these mix-in's will add pizzazz to your glass.

1. MAKE IT FRUITY

You know what goes great with lemonade? Sweet fruit! Chop up some strawberries, raspberries, or even some blackberries and stir them into your lemonade. Let them sit in your

10 Lemonade Mix-Ins

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lemonade for at least 30 minutes before serving to meld the flavors together. Don't forget a spoon to scoop out the piece of fruit from the bottom of your glass!

2. ADD IN SOME HERBS

Add some floral notes to your lemonade by adding some herbs into your glass. We recommend using herbs like mint, lavender, and basil because of their sweetness. Want to try some more daring herbs? Try out rosemary, tarragon or even thyme.

3. BUBBLES MAKE IT BRIGHTER

Spruce up your lemonade with some bubbles! Add some sparkling water, seltzer, or club soda to brighten up your lemonade. Make sure to add the soda or sparkling water right before you are going to serve the lemonade to keep as many bubbles as possible.

4. ADULTS ONLY, ADD SOME ALCOHOL

Lemonade works as an amazing mixer for almost any alcoholic beverage. Mix it with a beer, like a corona, white wine, or even a shot of vodka. Be careful though, these drinks are sweet so remember to always drink carefully.

5. SWEETEN WITH SOME SWEETENERS

Our recipes use a [simple syrup](#) to add sweetness to the lemonade, however you can use a variety of different sweeteners to get a different flavor. Try adding honey, raw sugar, agave nectar or stevia to your next batch of lemonade.

6. SPICE IT UP

Add some aromatics to your lemonade by adding in some spices with your simple syrup. We recommend cloves, cinnamon, ginger, and allspice. Add the whole spices to your simple syrup and let infuse. Take out the whole spices before adding the simple syrup to your lemonade.

7. VEGETABLES AREN'T JUST FOR EATING

Sometimes vegetables get bad raps, especially in drinks! Add in some sliced cucumber or

10 Lemonade Mix-Ins

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even some stewed rhubarb to add some interesting flavor into your next pitcher.

8. GET STICKY WITH SYRUPS

As stated earlier, you can infuse your simple syrup with almost any ingredient. Spices, herbs, fruit, anything! Looking for something fast? Look in the coffee aisle of your local grocery store where they usually sell a variety of flavored syrups to add to drinks.

9. JAM ON WITH JUICE

Mix in some of your favorite juices to add a little bit of oomph to your lemonade. Try something tropical like pineapple juice or [cranberry for a tart treat](#).

10. FROZEN CUBES OF FLAVOR

Don't forget the ice cubes! Freeze whole pieces of fruit to add to your lemonade or even freeze cubes of iced tea to make a chilly [Arnold Palmer](#).



Pink Lemonade

By Lyndsay Burginger

This pink lemonade is so sweet and sour, even Queen Bey will approve... as long as you don't give it to Becky with the good hair.

What is pink lemonade?

For years I thought it was a plot to get kids to drink more lemonade (just like the colored ketchup of the early 2000s). And that might be the case since many store-bought pink lemonades are colored with food dye. When making it at home though, the way you get your lemonade to be pink is to use red fruit. This not only adds color but extra flavor too. You can use crushed strawberries or raspberries. But I do it more simply by adding a touch of cranberry juice, just enough to get the color you want.

The cranberry juice adds that hue of pink (like a flamingo) and makes this pink lemonade very addicting!

Pink Lemonade

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Yield: 2 quarts

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Ingredients:

4 cups water

1 cup cranberry juice

1 cup lemon juice

1 cup simple syrup

ice

1. In pitcher combine water, cranberry juice, lemon juice and simple syrup. Chill for an hour and add ice to serve.



How to Run a Successful Lemonade Stand

By Lyndsay Burginger

I wish I would have been business savvy as a kid because I would have ruled the neighborhood with all these great tips for running a successful lemonade stand.

On a bright summer morning my family held a garage sale. It was filled with all sorts of trinkets and old furniture. While I was wandering around the front yard my mother told me that some of the neighbors might be thirsty from all the shopping. Say no more, Mama, this girl got a lemonade stand to open.

Every lemonade stand needs a few things to be successful:

How to Run a Lemonade Stand

Continued from previous page

MARK YOUR TERRITORY

First things first, you gotta figure out where your lemonade stand is going to be. Either in front of your house or on a busy section of street. Once you figure out where you are going to set up shop, make some signs to announce your new business venture.

SET UP THE STAND

While you can use a [pre-made stand](#), I prefer something simple like a folding table and a nice tablecloth. Make sure you have some chairs for your customers to relax and if it's warm an umbrella to keep them and you shaded.

MAKE THE LEMONADE

If you want to run the best stand in the neighborhood, you gotta have the best lemonade. Try out our [Classic Lemonade](#) or change it up with our [pink lemonade](#) or [limeade](#). You could even offer an [Arnold Palmer](#) to your customers for an interesting twist.

SNACK TIME

What's a lemonade stand without some treats? Offer some handheld choices like [brownie pops on a stick](#) or some [no-bake chocolate cookies](#). They'll make your customers come back again and again!

PROFIT OR BUST

One of the hardest things about running a business is making a profit. While lemonade sales might not be able to buy you a new car or house, it can be used to help someone in need. [Alex's Lemonade Stand](#) is a foundation that helps fund research for childhood cancer. Check out the website to learn how to help donate your lemonade profits.



Watermelon Lime Slush

By Lyndsay Burginger

If you can't take the heat, get out of the kitchen and move into the backyard to cool off with a refreshing watermelon lemonade wine slush.

Watermelon is such a great fruit to enjoy in the summertime, especially when it's in frozen form! You can either buy a whole watermelon which can sometimes be tricky. To find a ripe melon look for the yellow spot (that's the spot where the melon touches the ground when it is growing) and examine the color. If it's a creamy yellow and the watermelon feels heavy for its size, it's ripe!

Or you can buy the pre-cut melon cubes from the produce department. I personally prefer the pre-cut cubes because they are convenient and you can visually inspect how ripe the melon is.

Once the watermelon cubes are frozen, pop open your favorite bottle of white wine. I prefer something sweet like a Riesling but you can go with any white wine that you enjoy drinking.

Watermelon Lime Slush

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Blend them together with some lemon juice and sugar and you're good to go.

Try out this watermelon lemonade wine slush at your next neighborhood BBQ or even a quiet night with your sweetie, each of you with a glass in your hand and your eyes on each other. Ha! I'm so sappy! Have a great day :)

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 5 hours,
30 minutes

Ingredients:

4 cups of watermelon cubes
2 lemons, juiced
2 Tbsp. sugar
1 bottle of very cold white
wine (anything that you
like to drink), plus more for
serving

1. Put the watermelon cubes into a plastic zip top bag and then into the freezer until frozen, at least 2 hours.
2. Put the watermelon, wine, lemon juice and sugar into a blender and whiz it around until smooth. Serve immediately or, if you want it more slushie, pour the mixture into the plastic bag and put it into the freezer. Leave it there until it's good and frozen, squishing it now and then, at least 3 hours.
3. Transfer the frozen mixture into a wine glass filling it 2/3 full. Top with a bit more wine, if desired.



Citron Pressé

By Lyndsay Burginger

French lesson of the day: Citron pressé. A method used to customize your own glass of lemonade to your specific taste. Santé!

Raise your hand if you've ever gotten a glass of lemonade and it's waaaaay too sweet or sour for you liking.

Yup. Me too!

I visited Paris a few summers ago (although it didn't feel like summer because we were still wearing coats) and fell in love with their version of lemonade: citron pressé. The waiters would bring all the ingredients and allow you to concoct your perfect version of lemonade right at the table.

The whole idea is really simple so it's an easy thing to do at home if you want to feel fancy and French. Oui!

Citron Pressé

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First you get all of your ingredients ready. That means your lemon juice, cold water, simple syrup and ice. Take it all to the table along with some tall glasses. From here on out, everyone makes their own drink, adjusting to their own sweet, or sour, tooth.

Start by pouring lemon juice into your glass (I like about 3 tablespoons), then add cold water (about 3/4 cup) to dilute the sourness of the lemon.

Then comes the sweetness! I add about a tablespoon of simple syrup. Stir it up. Add some ice and taste. At this point, you can adjust it a bit if you want. More lemon juice or more simple syrup or more water. Whatever you think it needs to get that perfect sweet and sour balance that you love most. Once you've got your perfect blend figured out, sit back and practice your French. Santé!

Citron Pressé

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Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Ingredients:

4 lemons

1 cup simple syrup

ice

cold water

1. Squeeze the juice from 4 of the lemons. Pour the juice into a small jug.
2. Put the simple syrup in a small pitcher or bowl.
3. Fill a large pitcher with ice and top with cold water.
4. Take the jug of lemon juice, of syrup and of water to the table along with 4 glasses and 4 spoons.
5. Allow everyone to mix their own drink to their desired sweet and sourness.

100 Lemonade Recipes

By Nicole Johnson

You are going to go crazy for these lemonade recipes! From simple classics to crazy twists, there is something here for everyone.

The Cookful Lemonade Recipes

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3. [Citron pressé](#)
4. [Grown-up Strawberry Lemonade Popcicles](#)
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Many thanks to our writers for this edition of *The Cookful*.



Lyndsay Burginger

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It's always entertaining when Lyndsay's in the kitchen. She's even been known to belt out Broadway show tunes while making dinner (a handy whisk as her microphone, of course). She currently writes for *Cook and a Good Book*, a personal blog focusing on recipes based on literature. Lyndsay is also on the editorial team at *The Cookful*.



Christine Pittman, editor

» cookthestory.com

Christine is the Founder and Senior Editor of *The Cookful*. She also blogs at *COOKtheSTORY* where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Nicole Johnson

» orwhateveryou.do.com

Nicole has been blogging for 5 years at *orwhateveryou.do.com*, when not chasing her 7 kids around or working full time for *Mediavine*. She basically lives, breathes, and eats blogging. And cookies. A pasta fanatic and dedicated tomato fan, she occasionally branches out into crazier things like oh, rice and potatoes. She features mostly from scratch cooking with a healthy smattering of easy convenience meals tossed in to keep it real.



Samantha Seeley

» sweet-remedy.com

Samantha blogs at *Sweet Remedy* where she focuses on alternative baking with a penchant for whole grain, vegan, gluten free and dairy-free recipes. She started baking years ago for farmers' markets and hasn't stopped since! Samantha's favorite season is fall where she delights in picking apples, pears and pumpkins until the first snow sighting.

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Maria Siriano

» siftandwhisk.com

Somewhere among the towers of batter-smearing mixing bowls, you'll find a flour-covered Maria making unique seasonal desserts for her blog, Sift & Whisk. Although she never quite got the hang of the clean-as-you-go technique, she has still managed to elevate her baking skills far beyond "add oil, water, and eggs." She makes a killer pie, if she does say so herself.

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



THE COOKFUL