

## Housing Channel

### Title: Honey Mint Lemonade

- Super: Healthy Recipes for Elderly II
- Super: Refreshing Series  
Honey Mint Lemonade
- Super: Refreshing and appetising
- Super: Lemons are rich in vitamin C,  
which helps to support the immune system
- Super: Mushrooms contain glutamic acid, which is  
one of the elements that makes up protein
- Super: Ingredients (4 servings)  
Lemon 1pc / 65g  
Mint Leave 20pcs / 1g  
Honey 2tbsp  
Drinking Water 1L  
Ice as appropriate
- Super: Cut lemon into halves. Squeeze for the juice
- Super: Add lemon juice and mint leaves into a glass  
Stir gently to release the flavour of mint
- Super: Add in drinking water, honey and ice to serve
- Super: Honey Mint Lemonade