

# Pomegranate Iced Tea

Bring on the iced teas and summer breeze. I'm ready. Summer is just around the corner and I can already smell the sunscreen in the air. Okay, that may be a slight exaggeration, but you know what I'm saying.

My kids are in the countdown for summer. Only 5 more weeks! Josh has loved 3rd grade, but next year he will be in the fourth grade which means he'll be in the "big kid" part of the school. Different recess times, different lunch times, and no more little kid stuff like the school Easter egg hunt or 100 days of school celebration. He's the kind of kid who acts more like an adult in most respects and can't wait for his age to catch up to his mind. Then there's Sam. He's decided kindergarten will be amazing because- NO NAPS! This kid has been asking me all year long, "When do I graduate from preschool?". Little Rori thinks preschool is the bees-knees and can't wait to go more than once a week in the fall.



So, the countdown. As a mom, the countdown is full of anticipation and conflicted feelings. I love a schedule and have grown quite used to our every day routine. However, summer is the BEST with kids! We go swimming, hiking, make popsicles just because and play outside every day. We can hop in the car and go for a mini road trip whenever and don't have to worry about their school schedules.





Pineapple pairs with iced tea so well. Yumm!

I love the simple summer days. Wake up early to see the sunrise, start some iced tea on the back porch and go for a bike ride while it's still cool. Come inside for a cold drink and do a little play time before lunch. Kids all rest in the afternoon or go to a friend's house while I put laundry on the line and plan a dinner that won't heat up the house. I love it all. We live in one of the most beautiful little spots in Northern California. Late at night we can just lay out in the back yard looking at stars as the sun goes down.



Yes, summer is coming. This pomegranate iced tea can be done “back porch” style or right in your kitchen.





It is everything that is summer; simple, refreshing and creative.

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## **Lovely Lavender Lemonade**

Wondering why the heck we are called Sweetest Lemonade and have yet to create a lemonade recipe?? We've been waiting for the right one. The perfect one. Lovely Lavender Lemonade is just what we've been longing for. Now you can enjoy it too. ☐☐

When life gives you lemons, make lemonade. When life pummels you with lemons, fight back. Decide to live an incredible life regardless of the lemons. That's the premise of this entire site. Choose to make life great – make the sweetest lemonade out of the lowest valleys walked through. [Read more about our](#)





[story here.](#)



Today, let's actually make lemonade. We've been dreaming up this idea for a long time. Given our name we can't simply create a plain lemonade, it needs to sparkle and shine.



Lovely Lavender Lemonade is just that. Beautiful, sweet and refreshing. Have you ever tasted lavender? Most people know it only as a flower. It is so much more! Lavender is also known for relaxing people, reducing anxiety and relieving pain. Its flavor is powerful, so one drop of lavender oil will suffice for most recipes. Lavender buds are also a fun way to flavor foods. Believe it or not, but I hold firm that lavender tastes purple. That's right. Purple. It just does! Not sweet yet not bitter. Slightly "herbally", but not earthy.





Try it for yourself and let us know what you think!

[Check out our Lavender Vanilla Cupcakes](#) for another great lavender recipe.

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## [Basic Bone Broth](#)

**Bone Broth is the THING right now. At first I hesitated to post a recipe for it. I had lots of reservations about whether it's really a sustainable recipe or a temporary fling. Now that I've researched the issue, let's dive in to the truths and façades.**



## Bone Broth Façade #1

Bone broth is the newest trend. False! Bone broth has been around since the dawn of time. Seriously. The concept of meat being boiled into water to cook is nothing new. Neither is the idea of drinking the water with the meat and veggies. It has been human nature to consume bone broth. Do you know what has changed however? Canned Broth.

## Bone Broth Façade #2

All broths are created equal. Not even close. There is a reason so many recipes are clarifying that they are for “bone broth” and not simply broth. For one, canned broth from the store is not processed with meat bones. In fact, some of them don’t specify how they get the “meat” flavor into the broth. This gives me that *heeby-geeby* kind of feeling. You can now buy bone broth in most grocery stores. However, an 8 oz. jar is typically \$6 or more. ☹️ouch!



## **Bone Broth Truth #1**

Bone broth is a great source for probiotics. So true! For anyone who has a hard time getting plenty of probiotics regularly, try bone broth. I personally love how easy it is to grab and go. Take it in a coffee mug on your way to work, add it to your lunch, or make a delicious soup with it for dinner. [This Savory Chicken Veggie Soup is a great one to use bone broth in.](#) Other common sources of probiotics are yogurts, kimchi, dill pickles, kombucha and dark chocolate.

## **Bone Broth Truth #2**

Bone broth can heal gut issues. Yes, so much yes. While you may still need to see a doctor depending on the severity of your gut issues, bone broth has amazing healing qualities. Most people feel better within 30 minutes of drinking bone broth-it's that good! I suggest adding it to your daily diet for a while to see sustainable results. Here's a tip for those of us that are a little stressed for time. When you cook a whole chicken, turkey, or roast, keep the bones and freeze them until you have time to make bone broth. I've done this before and you don't lose any nutrients by freezing them – it just saves you some time!

## **Bone Broth Truth #3**

Bone broth can reduce cellulite. Say what?? Call me crazy but it's true! Drinking bone broth regularly can minimize cellulite and give you great skin. The real secret here? Animal fat is good for you. Natural fats are good for you. All in moderation of course, but none the less food for you! This is why I'm not scared to incorporate butter, bacon grease, or red meats (typically have more fat on them) in my recipes. At Sweetest Lemonade we want to see you improve your health in every sense of the word. You deserve to live a long,

sustainable life!



I did a lot of research to gather the best information. [This is the best site I found.](#) They even have a break-down of what kind of bones you may want to use.

Now that you know, remember to keep bone both in your diet, even if social media stops talking about it so frequently. Bone broth has always been good for you, and will continue to be!

By the way, if you caught on to my “that Hansel is so hot right now” reference, then we are for sure friends ☐

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# Sir Josh's Berry Good Smoothie

It's that time of year when it is so hot, you wish you had an internal cooling system that could keep you right at 75° with a simple button! Instead of a button, I choose to make smoothies!

Here in Northern California it's been upwards of 110° for a few weeks.

Smoothies have a bad rap lately for their high sugar content. I'm here to offer you two smoothies that are low in sugar and delicious enough you'd be proud to offer them to a guest. Smoothies don't have to be high in sugar to be sweet and delicious!



I included two great smoothies in this post. One was created by my son Josh (the name was his idea). He tried his luck at this smoothie three times before he got it right and wanted to

share it here. He tested it on his siblings too, who have approved it. He even wrote out the recipe by hand because he knows I keep a hand-written hard copy of every recipe I make. Talk about love and dedication!

The second smoothie is my idea, mostly because it is peach season here and I have been making peach *everything*!! By the way, I have a peach pie I've been working on that is darn near perfect. It will be up on the blog soon!



Peaches & Cream  
Smoothie, yum!

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