



Yield: 6 **Author:** Carissa B For Creative Green Living

PREP TIME: 20 MIN | TOTAL TIME: 20 MIN

This raw honey limeade and honeyed blueberry limeades are the perfect blend of sweet and tart and 100% refreshing. By using honey you skip highly processed sugars and avoid GMOs. Using raw honey also keeps the recipe paleo friendly as well!

INGREDIENTS

- 8 Limes (enough to get 1 cup juice)
- 1/2 cup raw honey from BeeLoved Trading
- 5 cups filtered water
- Fresh lime slices for garnish if desired

For Honeyed Blueberry Limeade you will also need:

- 1/2 cup frozen blueberries
- 1 and 1/2 tsp honey from BeeLoved Trading
- 1/2 cup finished limeade (from above)

- Fresh blueberries for garnish if desired

INSTRUCTIONS

1. Press and roll the limes on a hard surface before slicing in half and juicing.
2. Juice until you have collected 1 cup raw lime juice in a large glass bowl.
3. Whisk honey into the lime juice until completely dissolved.
4. Stir in filtered water. Add to a pitcher and serve over ice with lime slices as garnish. For a sparkling limeade, use seltzer water instead of filtered water and stir gently.

Continue recipe to make honeyed blueberry limeade

1. Blend together frozen blueberries, honey, and finished limeade in a blender.
2. Whisk this mixture into the limeade OR to make a single glass of blueberry limeade, add one tablespoon blueberry slurry to the bottom of a glass, top with ice and pour limeade over the top. Stir and garnish with fresh blueberries if desired.

NUTRITION FACTS

Calories	Fat (grams)	Sat. Fat (grams)	Carbs (grams)	Fiber (grams)
144.29	0.53	0.05	40.67	4.27
Net carbs	Sugar (grams)	Protein (grams)	Sodium (milligrams)	Cholesterol (grams)
36.40	29.77	1.01	11.57	0.00

Nutritional information is calculated for the Honeyed Blueberry Limeade

<https://www.creativegreenliving.com/2017/05/how-to-make-homemade-paleo-honey-limeade-with-blueberries.html>