

Lactation Lemonade

Prep Time: 5 minutes

Servings: 5 cups



The Ingredients

- 1 cup freshly squeezed lemon juice
- 4 cups brewed mother's milk tea
- Add cooled sweetener of your choice to taste

Directions

- In a large pitcher, combine water and tea then stir.
- Add sweetener slowly, stirring and tasting often. Sweeten to taste.
- If the lemonade is too strong, you can add a little bit of water.
- Refrigerate for up to one week.