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JAMAICAN LEMONADE

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- 1/3-1/2 cup Sucanat
- 1 cup lemon juice (approx.4 large lemons)*
- 5-6 cups water

In a small saucepan, mix Sucanat with 1 cup water. Heat over a medium heat, stirring occasionally just until the Sucanat dissolves (about one minute). Remove from the heat, add another cup of cold water to the mixture to cool it and transfer to a serving pitcher. Add lemon juice and 3-4 more cups of cold water. Stir until mixed and serve over ice.

*An alternative method is to slice the four lemons thinly and mash them with a potato masher until they are "juiced." Add the lemons to the Sucanat/water mixture as you would the juice alone.