

Recipe: Lemongrass Drink (lower in sugar)

Drink

Perk up with this refreshing and delightful beverage that is simple and quick to prepare.

Preparation time: 15 minutes

Cooking time: 15 minutes

Serves: 20 children

Per serving = 1 glass of 200 ml

Ingredients

- 1 kg of Lemongrass
- 200 g of white sugar
- 4 litres of water



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Methods

1. Clean lemongrass with water thoroughly.
2. Cut the lemongrass into half and smash the stalks with a mallet.
3. Place the smashed lemongrass into a deep sauce pot.
4. Add 4 litres of water to the pot of lemongrass and heat the water until about 80° C or until you see wisp of steam. Do not allow the water to reach boiling point.
5. Add sugar and stir until fully melted.
6. Remove pot from the stove and set aside to cool
7. Once cool, strain the lemongrass drink through a sieve to remove the pieces of lemongrass.
8. Lemongrass can be served warm, at room temperature or chilled.
9. This recipe yields 20 glasses of 200 ml each.

Tips

- *When preparing the lemongrass drink, do not allow the water to boil because that would bring out the bitterness of the lemongrass.*
- *Prepare lemongrass drink plain with no sugar to enjoy the true citrusy and lemony flavours of it.*

Nutrition Information
(Per serving): 200 ml
Energy 38.3 kcal
Protein 0 g
Total fat 0 g
 Saturated fat 0 g
Carbohydrates 10.0 g
 Total Sugar 10.0 g
Dietary fibre 0 g
Sodium 0 mg
5g of sugar per 100 ml

This recipe costs \$0.20