

檸檬椰子水 (4 人分量)

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材料：

椰青水	1 升
鮮檸檬汁	隨意
鹽	隨意

做法：

1. 把椰青水倒進寬口水瓶。
2. 加入鮮檸檬汁和鹽。
3. 把所有材料拌勻即成。

備註：

1. 建議用鮮椰青水。椰青在超市有售。如果椰肉柔軟呈半透明狀，你可以刮出椰肉並加進椰青水。也可用瓶裝/盒裝椰子水代替。
2. 如想創造出不同的口味，可在飲料中加入一株薄荷或一些薑蓉。如果喜歡較甜的味道，可加入少許蜂蜜。然而，鮮椰青水通常帶有甜味，盒裝椰子水也可能添加了糖，請根據喜好調整口味。



Lemon coconut water (Number of servings: 4)

Author: Daleena Samarajiwa

Ingredients:

Water from young coconut	1 litre
Fresh lemon juice	To taste
Salt	To taste

Method:

1. Put the young coconut water in a big jar.
2. Add fresh lemon juice and salt.
3. Stir well and serve.

Remark:

1. Fresh young coconut water is preferred in this recipe. Young coconuts are available in supermarkets. If the meat of the coconut is soft and translucent, you may scrape it off the shell and add to the jar.
2. You can be creative with the flavors and add a sprig of mint or some crushed ginger to your lemon coconut water. Adjust the taste to your preference: if you like it sweet, add a little honey. However, fresh coconut water is usually sweet and coconut water in boxes may have added sugars.

