

## **Lemon Barley Water**

*Connoisseurs of British royal doings attribute Queen Elizabeth's longevity and healthy complexion to her daily dose of barley water, also the official drink at Wimbledon.*

### **Ingredients:**

6 cups water

½ cup honey

¾ cup pearl or hulled barley

grated zest and juice of two lemons

Rinse barley in sieve or fine strainer until cold water runs clear. Place grain in saucepan with 6 cups of water and grated lemon zest, bring to boil, and simmer for 10 minutes. Strain into bowl or pan and discard barley. Add honey and dissolve by stirring. Stir in lemon juice and allow mixture to cool. Refrigerate and serve chilled in glasses.