Raspberry and Lavender Lemonade

This will make about 1.5 litres and keep in the fridge for several days, if you are able to keep it that long!

- 500 g raspberries
- 150 g caster sugar
- 35 g fresh lavender heads, or half of this if they are dried.
- juice of 5 lemons, or for a change a mix of lemons and limes.
- still or sparking water to dilute

Blitz the raspberries in a food processor and then stir in the fruit juices and the sugar. Leave the mixture aside for at least 30 minutes, or prepare in advance and keep in the fridge.

Meanwhile strip the lavender florets from them stems and rinse. Then put into a small saucepan with 400 ml water. Bring to the boil, simmer for 1 minute and then leave aside to infuse for 30 minutes.

Sieve the raspberries into a large bowl, discarding the pips left in the sieve. Strain the lavender infusion onto the raspberry puree, and stir to mix. Pour the concentrate into a pretty clear jug with plenty of ice cubes and top up with a litre of still or sparkling water to taste.