

# Radical Lemon Cubes

**Source:** Radical Metabolism by Ann Louise Gittleman

**Prep**   **Total**

3 min   3 min

**Serving:** 16

Lemons are known for their vitamin C content but they are also rich in flavanones, which have important antioxidant and anticancer properties. What is less known is that the peels have many more times the phytonutrients than the flesh. It is a must to start with organic lemons as it is impossible to remove all of the pesticide residue from the skin.

Use as you would fresh lemon juice. There will be an extra depth of flavor that enhances salad dressings, smoothies and soups.

I do not suggest trying this recipe with limes as the pith is far too bitter. Better to use the fresh zest and juice. Do however try this with oranges if you like.

2 mg calcium, 10 mg potassium, 4 mg vitamin C/cube

## Ingredients

2 lemons, quartered

½ cup water

## Directions

Place the lemons and water in a high-speed blender and puree. Spoon into ice cube trays and freeze. When frozen the lemon cubes can be stored in a lidded container in the freezer. Makes 16 cubes.

## Nutritional Information

Amount Per Serving (16 Servings)

**Calories:** 2 **Protein:** 0 **Sugar:** 0 **Carbohydrate:** 1 g **Fat:** 0 **Cholesterol:** 0 **Sodium:** 0 **Fiber:** 0