DRINKS & MOCKTAILS

Mocktails and other fruit-infused drinks are a great way to stay hydrated and cool during the summer, especially if you aren't a plain water fan. Why not try to create fun, alcohol-free beverages with fresh fruits, herbs, and sparkling water?

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BLUEBERRY, LIME & MINT INFUSED WATER

Serves 4

INGREDIENTS

- 60g Blueberries
- ½ Lime, peeled
- 25g Mint, leaves only
- 1ltr of Still water *(or sparkling if you prefer)*

METHOD

1. Puree the lime and 30g of the blueberries with 250 ml of water.
2. Push the pulp through a fine sieve.
3. Add the remaining water, along with the mint leaves and remaining blueberries.
4. Place into the fridge until ready to serve!

GRAPEFRUIT, MINT & KOMBUCHA MOCKTAIL

Serves 4

INGREDIENTS

- 2 1/2 Grapefruits
- 2 1/2 Limes
- 16 Mint leaves
- 500ml Kombucha
- 660ml Grapefruit seltzer (2 cans)

METHOD

1. In a cocktail shaker, add juice from 2 grapefruits and 2 limes. Add mint and muddle with a cocktail muddler. If you don't have either, just chop the mint into large pieces. Shake all together.
2. Add ice to the cocktail glasses. Pour 250ml of kombucha in each glass. Then add half of the juice mixture to each glass.
3. Finish with seltzer and add optional mint sprig and lime & grapefruit slices for serving.

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TROPICAL GREEN TEA SANGRIA MOCKTAIL

Serves 4

This green tea mocktail will help ensure you are hydrated whilst adding a bit of summer flavour to your day.

INGREDIENTS

- 3 Green tea bags
- 500ml Water
- ½ tbsp Honey
- 250ml White grape juice
- 250ml Pineapple juice
- 1 Lime, sliced
- 80g Cucumber, sliced
- 120g Pineapple, diced
- Mint sprigs

METHOD

1. Brew the green tea bags in 500ml boiling water for 3 minutes.
2. Remove the tea bags and stir in the honey.
3. In a jug, combine the brewed tea with the remaining ingredients, apart from the mint sprigs.
4. Chill in the fridge for 2 hours or more. Serve in glasses, garnish with mint sprigs and enjoy!

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WATERMELON & COCONUT WATER REFRESHER

Serves 4

INGREDIENTS

- 600g Watermelon, diced
- 470ml Coconut water
- 2 Limes, juiced
- Still or sparkling water
- Mint sprigs for garnishing

METHOD

1. Place the watermelon in a blender with the coconut water and lime juice. Blend until it's completely liquified.
2. Pour into a glass with ice and top with a splash of *(still or sparkling)* water and garnish with mint.

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