

Berry & Mint Julep



This is sooo refreshing. Serve up this lovely, tasty drink to surprise and delight guests on a sunny day.

Serves 3-4
Prep time 5 minutes
Difficulty ●●●

Per serve (1 large glass)
Carbs 3.8 g
Protein 0.6 g
Fat 0.3 g
Energy 24 Cal

INGREDIENTS

1 litre sparkling water
1 cup frozen mixed berries
small handful of mint leaves,
lightly crushed in your hands
zest and juice of 1 small orange
or mandarin
1 cup ice cubes
mint sprigs to garnish

METHOD

Pour half the sparkling water into a water jug. Add the berries, crushed mint leaves, citrus zest and juice and ice cubes.

Mix and lightly crush the ingredients with the handle end of a wooden spoon or a cocktail muddler.

Pour the remaining water into the jug, mix well and pour into glasses, garnishing each with a sprig of mint.