

Fruit Quenchers

Try one of these cool drinks with lots of ice during the warmer months.



Sulphites*

Nutritional information per portion (206g):

Energy 215kJ 53kcal 3%	Fat <0.5g 1%	Saturates 0.2g 1%	Sugars 9g 10%	Salt 0.02g 0%
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of an adult's reference intake.
Typical values per 100g: energy 104kJ/26kcal.

Equipment

The equipment needed depends on which recipe you choose. You may need the following:

- 250ml tumbler glasses
- 30ml shot glasses (for measuring the liquids) or measuring jug
- Colander
- Chopping board
- Sharp knife
- Can opener
- Juice squeezer
- Bowls for fruit
- Ice cube tray
- Freezer and/or refrigerator
- Drinks stirrers or straws

Method

1. Half-fill a 250ml tumbler with ice cubes.
2. Choose the fruit juices you would like to try and measure the correct amount of each into the tumbler.
3. Top up with sparkling mineral water to taste and stir.
4. Garnish with chopped fruit.

Ingredients

Each recipe serves 1

- Ice cubes
- Sparkling mineral water (for topping up each recipe)

Jungle Cooler

- 2 x 30ml pineapple juice
- 1 x 30ml orange juice
- ½ x 30ml tropical fruit cordial
- ½ x 30ml coconut milk

Pineapple slice

Lime Fizz

- 1 x 30ml lime juice
- 1 x 30ml apple juice
- Lime and apple slices

Gentle Sea Breeze

- 2 x 30ml cranberry juice
- 2 x 30ml grapefruit juice
- Sprig of mint

Apple Kick

- 1 x 30ml apple juice
- 1 x 30ml cranberry juice
- 1 x 30ml orange juice
- ½ x 30ml lime juice
- Apple slice

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- If you have chopped fruit left over, why not make it into a smoothie for breakfast?

Something to try next time

- Drop some fresh berries, chopped fruit or mint leaves into the bottom of an ice cube tray, top up with water and freeze to make interesting ice cubes.

Skills used include:

Measuring, chopping, squeezing, mixing and serving.