

Berry Spritz Mocktail



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Serves: 4-6

Preparation time: 8 minutes

Ingredients

- 1 litre soda water
- ½ lemon, sliced into thin wedges
- ½ cup raspberries
- 1 punnet of strawberries, hulled and cut in half
- Handful of fresh mint leaves
- Ice (crushed if possible)
- Extra mint and lemon wedges

Method

1. Muddle mint, lemon and berries in a jug.
2. Add ice to the jug before adding the soda water.
3. Serve in glasses and garnish with the extra mint and lemon.



"This is my go-to for any celebration. It's zesty, fresh and full of flavour."

Nat von Bertouch,
Dietitian and Community
Education Project Officer
at Cancer Council SA.