

## Summer Party Drinks – without the headache



Garden party drinks are often filled with sweet, alcoholic spirits and mixers that can lead to weight gain and unbalance blood sugar levels. It's not always easy to know what to drink instead without feeling deprived. I've got a few delicious and refreshing alternatives for you to try.

## **Strawberry lemonade**

### **Serves 8**

- 2 litres water
- 8 lemons, squeezed (around 280 ml)
- 1/2 -3/4 tsp liquid stevia (try NuNaturals)
- 250g strawberries, sliced

In a large jug combine water, lemon juice and stevia. Simply stir in sliced strawberries and serve over ice.

## **Cucumber, mint + lemon fizz**

### **Serves 6**

- 1.5ltr sparkling water
- half a cucumber, sliced
- 10 mint leaves
- 1 lemon, sliced

Put all the ingredients in a large jug, chill and serve.

## **Sparkling cherries**

### **Serves 2**

- 4tbsp Cherry Active
- 500ml sparkling water

Add sparkling water to the Cherry Active and serve with ice.

## **Sparkling lime water**

Exactly as it sounds ... Sparkling water with a good squeeze of fresh lime juice over ice. Simple and refreshing – and you can guarantee a pub will have the ingredients (but likely you'll need to ask them to use fresh lime and not cordial).

## **Garden Sour**

- Seedlip Garden (a distilled, non-alcoholic drink), 50ml
- Cloudy apple juice, 35ml
- Lemon Juice, 15ml
- Cider vinegar, 5ml
- Sprig of rosemary & thyme

Seedlip is premium distilled non-alcoholic gin-type drink available at a range of supermarkets. Or try a different non-alcoholic 'spirit', there are plenty to choose from.

