

Winter Night In.

Pineapple mint mocktail

Serves: 1

INGREDIENTS

- 10 fresh mint leaves + more for garnish
- 1-2 tsps sugar
- 60mL pineapple juice
- 1 lime, juiced
- 125mL soda water
- ice

METHOD

In a shaker, muddle mint leaves with sugar.

Add pineapple juice, lime juice and ice and shake vigorously. Strain into a tall glass with ice and top with soda water. Garnish with mint.

Make. Snap. Post.

 @cancercouncilnsw and #WinterNightInKit





Winter Night In.

Virgin Mary mocktail

Serves: 1

INGREDIENTS

- 180mL tomato juice
- ½ lemon, plus extra to garnish
- ground pepper
- several drops Tabasco sauce
- splash of Worcestershire sauce
- 4 basil leaves, plus extra to garnish
- 1 celery stick
- 1 cup ice, plus extra to serve

METHOD

Squeeze half a lemon into a shaker. Add pepper, Tabasco sauce and Worcestershire sauce. Tear 4 basil leaves and add them to the shaker. Add the ice and tomato juice. Shake contents thoroughly.

Get a tall glass, add ice and pour the contents of the shaker into the glass through a strainer. Garnish with celery stick, basil leaves and lemon slices.

Make. Snap. Post.

 [@cancercouncilnsw](https://www.instagram.com/cancercouncilnsw) and [#WinterNightInKit](https://www.instagram.com/WinterNightInKit)

Winter Night In.

Apple mint fruit frappe

Serves: 4

INGREDIENTS

- 3 cups (750mL) cloudy apple juice
- 2 tbsp chopped mint leaves, plus extra to serve
- 2 cups ice cubes

METHOD

Combine juice, mint and ice cubes in a blender and process until ice is finely chopped. Top with extra mint and serve immediately.

Tips: If you have the time, freeze the juice in ice cube trays and use instead of ice for a stronger flavor.

Make. Snap. Post.

 @cancercouncilnsw and #WinterNightInKit





Winter Night In.

Raspberry cinnamon fruit frappe

Serves: 4

INGREDIENTS

- 3 cups (750mL) fresh orange juice
- 1/3 cup frozen raspberries, plus extra to serve
- 1/4 tsp ground cinnamon
- 2 cups ice cubes and mint to serve

METHOD

Blend juice, raspberries, cinnamon and ice cubes in a blender until ice is finely chopped. Pour into a tall glass and garnish with extra berries and mint. Serve immediately.

Tips: If you have the time, freeze the juice in ice cube trays and use instead of ice for a stronger flavor. Experiment with different juices and fruits.

Make. Snap. Post.

 @cancercouncilnsw and #WinterNightInKit

Winter Night In.

INGREDIENTS

- 4 cups (1L) boiling water
- 4 white tea bags
- 1 tbsp honey
- 1 cup (250mL) apple juice
- 1 cup (250mL) coconut water
- 15 mint leaves
- ½ red apple, thinly sliced
- sliced lemon
- ice

METHOD

Combine water, tea bags and honey in a medium saucepan and steep for 2 minutes. Stir to dissolve honey. Remove tea bags, squeeze excess liquid and discard. Add apple juice, coconut water and refrigerate for 2 hours or until cold. To serve, place mint leaves into a serving jug and gently bruise with a muddling stick. Add ice, sliced apple, sliced lemon and chilled tea and stir.

Tip: Use fresh apple puree instead of juice if liked. Core and roughly chop apple and puree in a food processor.

Make. Snap. Post.

 @cancercouncilnsw and #WinterNightInKit

Apple coconut and mint iced tea

Serves: 6

