



## MOJITO MOCKTAIL

ReFuel Spring 2018

Recipe courtesy of: Remedy Drinks



### Ingredients:

- 1 lime, cut into wedges
- 4 tbsp fresh or frozen raspberries
- Small handful fresh mint leaves
- 750ml bottle of Remedy Kombucha Lemon Lime & Mint (Original or Raspberry Lemonade are also suitable alternatives)
- Ice cubes

### Nutrition Information

Serves 4 people

Nutrient	Per serve
Energy	500 kJ
Protein	3.1 g
Fat	0 g
Carbohydrate	25 g

### Method:

1. Squeeze and place lime wedges in the bottom of each glass.
2. Evenly distribute raspberries and desired amount of mint leaves amongst glasses.
3. Muddle lime, raspberries and mint together until the raspberry juices are released.
4. Fill glasses half way with ice.
5. Pour kombucha over ice and stir a little to combine.



### HOT TIPS

alcohol can impact on the recovery of your body after exercise, therefore this recipe is a great alternative!