

TROPICAL MOCKTAIL RECIPE



You will need:

- 1 teaspoon runny honey
 - 1 fair trade teabag
 - 200mls (or about half a glass) apple and tropical fruit juice blend
 - 1 sprig of rosemary
 - 1 good handful of ice cubes
 - 1 optional slice of fresh ginger
 - 1 optional clementine peel
-
- Functional glass for mixing
 - 1 glass for serving
 - 1 teaspoon
 - 1 tablespoon
 - 1 short sharp kitchen knife



Instructions:

1. Pour the juice into a glass allocated for mixing the ingredients and drop in the teabag. Stir for a few minutes - until the tea adds a gentle tannic flavour.
2. Remove the teabag (squeezing out all the juice!) and stir in the teaspoon of honey. The sweetness will enhance the aftertaste of the tea and you should now taste some lovely herbal and citrus flavours which go well with mango and tropical fruit.
3. If you're using ginger, add it now, pressing it into the side of the glass.
4. Fill the serving glass as much as possible with ice, then pour the mixture in - using the table spoon to stop any pieces of ginger or lumps of honey.
5. Give it a quick stir to chill slightly and then add more ice on top.
6. Take a small pinch of the top of the rosemary sprig, clap it in you hands to wake up all its aroma and place it artistically on the top of your drink so that you can smell it as you take a sip.
7. If you're using clementine zest, cut a small thin piece and then squeeze the oils in the outer side over the top of the ice cubes. Enjoy straight away!