

SPICED APPLE-GINGER FIZZ MOCKTAIL



LifeShape Clinic

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INGREDIENTS (SERVES 1)

1/2 apple, chopped
1 teaspoon , lemon juice
60ml spiced apple cider
120 mL diet ginger beer
Ice

METHOD

1. Place apple into cocktail shaker and mash with a muddler or wooden spoon. Add lemon juice, handful of ice apple cider. Shake vigorously.
2. Strain and pour into a glass over ice. Top up glass with ginger beer. Serve!

TIP

Add rum for your guests for a spiked version of this cocktail!

Nutrition Guide

PER SERVE

Energy (cal)	85cal
Protein	0.4g
Fat	0g
Saturated Fat	0g
Carbohydrate	15.7g
Sodium	31mg

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