THE LIGHTER PLATE METHOD

Tart Cherry & Lime Evening Cooler

Deep, sour-sweet cherry lengthened with lime and bubbles.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 200 ml tart cherry juice
- 2 limes
- 400 ml sparkling water (chilled)
- plenty ice
- few fresh mint leaves

Method

1. Fill two tall glasses with ice.
2. Divide the cherry juice between them and add the juice of both limes.
3. Top up slowly with chilled sparkling water.
4. Stir once, and finish with lightly bruised mint leaves.

Tips & swaps

- Buy the unsweetened concentrate rather than a cherry drink; it is sharper and you dilute it yourself. Two limes sounds a lot but tart cherry needs the acidity to stay interesting.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
55	**0g**	**13g**	**0g**	**0g**

Estimated values, for guidance only.