

ONE: THE KIWI STRAWBERRY SPIRIT

INGREDIENTS

- 1 Kiwi fruit, thinly sliced
- 2 Strawberries, thinly sliced
- 1 Tb spoon green apple syrup
- 1 cup sparkling drink of your choice (preferred – lemon or peach flavoured soda)
- 1 cheese cube (1cm/½ inch)
- 1 small cube/wedge of pineapple
- Cocktail olives to taste
- Ice to taste

INSTRUCTIONS

- Press slices of strawberry and kiwi fruit onto the inside of a glass.
- Pour green apple syrup into the centre of glass.
- Add enough ice to hold the fruit pieces in place.
- Top with your favourite low/no sugar sparkling drink.
- Garnish with a pick of cheese, cocktail olives and pineapple.
- Serve

TWO: CALL IT WHAT YOU MAY!

INGREDIENTS

- 30 ml Bourbon
- 30 ml Campari
- 30 ml Port (optional)
- Unsweetened pomegranate juice
- Orange zest

INSTRUCTIONS

- Stir Bourbon, Campari and (if using) Port together in a mixing glass filled with ice, strain into either a stemmed cocktail glass or a rocks glass with ice, to preference. Top with unsweetened pomegranate juice. Garnish with a twist of orange zest.

THREE: RISE UP LIKE SUNRISE! CEASELESS SUNSET! PERENNIAL INDULGENCE!

INGREDIENTS

- 60 ml Cointreau
- Fresh Orange Juice
- Homemade grenadine
- Ice
- Slice of orange / tomato / twig of celery

INSTRUCTIONS

- Stir Cointreau, orange juice and some ice in a shaker.
- Pour in a tall glass which has some more ice.
- Gently pour grenadine in the centre of glass. Wait for it to settle at the bottom. (Some patience here will be good).
- Garnish with a thick slice of orange for Rise Up Like Sunrise (the morning drink).
- Garnish with a smooth slice of tomato for Ceaseless Sunset (the evening drink).
- Garnish with a twig of celery for Perennial Indulgence (the brunch drink).