



Dairy Free

Prep Time: 5 min

Serving Size: 2



Gluten Free

Cook Time: None

FRESH SUMMER MOCKTAIL

The perfect beverage to sip on through the party season! This is a delicious pregnancy friendly mocktail that isn't packed with artificial sugars or flavours! Just real ingredients that you can enjoy!

INGREDIENTS:

- ½ Lebanese cucumber (washed & sliced)
- 1 sprig mint (washed, stems removed)
- 10 blueberries (washed)
- 2 tbsp lemon juice
- 6 ice cubes
- 300mL natural coconut water
- 100mL sparkling water or soda water

METHOD:

1. Divide the cucumber, mint, blueberries, lemon juice and ice cubes evenly into 2 glasses
2. Pour 150mL of coconut water and 50mL of sparkling or soda water into each glass.
3. Stir gently to combine and enjoy!