

Elderflower Apple Fizz

This refreshing drink adds elegance and style to any occasion.



Sulphites*

Nutritional information per portion (316g):

Energy	Fat	Saturates	Sugars	Salt
332kJ 79kcal 4%	<0.5g 0%	<0.1g 0%	20g 22%	0.02g 0%

of an adult's reference intake.
Typical values per 100g: energy 105kJ/25kcal.

Equipment

Measuring jug
Serving jug
Chopping board
Sharp knife
Ice-cube tray
Drinks stirrers or straws
250ml tumbler glasses

Ingredients

Serves 2
30ml elderflower cordial
200ml apple juice
300ml sparkling water
1 red eating apple
1 lime
Ice cubes to serve

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Method

1. Pour the elderflower cordial, apple juice and sparkling water into the serving jug.
2. Wash the apple and cut into quarters.
3. Remove the core from the apple and chop into thin ½cm wide wedges.
4. Wash the lime, cut in half and then into thin ½cm wide wedges.
5. Add the chopped apple and lime to the serving jug.
6. Stir and add plenty of ice.
7. Pour into glasses and enjoy!



Top Tips

- Do not make too far ahead as your drink will lose its fizz.
- Make plenty of ice cubes in advance.
- Try adding lime slices or some passion fruit pulp to your ice cubes before freezing.

Something to try next time

- Cut a passion fruit in half and scoop the flesh into the serving jug at step 5 for an exotic flavour.

Prepare now, eat later

- Prepare the drink and store in the fridge for up to 2 hours, but add the sparkling water and ice cubes just before serving. The slices of lime will prevent the apples discolouring.

Skills used include:

Measuring, chopping, mixing/combining and serving.