



cranberries



Makes 2 servings

Double Cranberry Refresher with a Frozen Cranberry Swizzle Stick

Attention cranberry lovers! Cranberries appear in 3 ways in this refreshing and tart summer drink that has the bonus of fibre. If desired, serve in sugar-rimmed glasses over ice to cool down on a hot afternoon.

- 2** wooden skewers
- 1 cup (250 mL)** frozen cranberries, plus about 10-15 extra for swizzle sticks
- 1 cup (250 mL)** cranberry juice
- 1 cup (250 mL)** coconut breeze non-dairy beverage (not coconut cream) or unsweetened almond milk
- 2 Tbsp (30 mL)** honey
- Juice of half a fresh lime
- sugar and mint, optional garnishes

- 1.** *Make cranberry swizzle sticks by placing 5-7 frozen cranberries on a wooden skewer. These can be made in advance and kept in the freezer for serving with summertime beverages. In addition to this drink, they're pretty served with lemonade or martinis.*
- 2.** *Place 1 cup of frozen whole cranberries, cranberry juice, coconut beverage, honey and lime in blender and whirl until smooth. Pour over ice into glasses.*
- 3.** *Garnish with cranberry swizzle stick and a leaf of fresh mint. If you'd like to have sugar rims, before adding ice or beverage to each glass, wet the rim of the glass with water and dip into a small bowl of sugar. Add ice and beverage and enjoy.*

Per serving: 197 calories, 45 g carbohydrate, 0 g fat, 2.4 g fibre, 59 mg sodium, 0.5 g protein