



Virgin Ginger Mimosa (Serves 4)

Ingredients:

- Fresh orange juice 1 cup
Sparkling/Soda water/ 2 cups
Ginger – peeled and sliced 1 thumb
(approx. 15g)
Mandarin orange or clementine – 1
peeled
Rosemary (optional) – to garnish



Methods:

1. Add ice cubes into serving glasses or jug, pour in orange juice and sparkling water in 1:2 ratio
2. Add wedges of mandarin orange/ clementine and sliced ginger. Garnish with sprig of rosemary (optional), serve cold.

Nutrient Analysis (per serve):

Energy	Protein	Carbohydrate	Fat	Saturated Fat	Sodium
66 kcal	1.0 g	14.8 g	0 g	0 g	0 mg

Tips:

- Using sparkling water can make a refreshing drink without the added sugar of soft drinks.
- Fresh juice and fruit is used to provide the sweetness without added syrup.
- Juice and fruit has added bonus of providing dietary fibre and vitamins.