



Low
sugar
FULL
FLAVOUR



SKI SLOPES

This fruity and spicy hug-in-a-mug will warm up your hands and put a rosy glow in your cheeks.

Prep time: 5 minutes

Cook time: 10 minutes

Serves: 4

Ingredients

- ▲ 4 cups water
- ▲ 1 cup unsweetened apple juice
- ▲ 2 sticks cinnamon
- ▲ 6 cloves
- ▲ 3 slices fresh ginger
- ▲ 1 star anise
- ▲ 8 frozen blackberries
- ▲ 4 dried apple rings
- ▲ 4 slices orange

Method

1. Combine all ingredients except orange slices in a saucepan.
2. Bring to the boil. Simmer for 5 minutes with the lid on and then simmer for 5 minutes with the lid partly off.
3. Turn off the heat and add orange slices.
4. Serve immediately, or leave to infuse for longer for a spicier drink.

Variations

- Can also be served chilled.
- The blackberries bring a pretty colour, but can be left out or swapped for another frozen berry.

Tip: While it's tempting to add the orange slices while cooking, we recommend not doing this as it will leave you with a bitter brew!

Partner:



Government of Western Australia
Department of Health



RUBY ZINGER

Zingy, earthy and sweet; we love the uniqueness of this drink.

Prep time: 5 minutes

Serves: 2

Ingredients

- ▲ ¼ cup canned beetroot pieces, drained
- ▲ 1 slice fresh ginger (about the size of a 5 cent coin)
- ▲ ½ cup unsweetened apple juice
- ▲ 1½ cups soda water

Method

1. Add beetroot, ginger and apple juice to a blender or jug that can be used with a stick blender. Blitz until smooth.
2. Just before serving, divide into glasses (strain if desired) and top with ¾ cup of soda water per glass.

Variations

- For an earthier flavour, use more beetroot.
- To up the 'zing' use more ginger.

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visit www.livelighters.com.au

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