



## BLACKCURRANT SMOOTHIE

- 200g frozen blackcurrants (Readily available in supermarket frozen berry section)
- 1 cored apple
- 200ml apple juice
- ice

Blend.

It just doesn't get any simpler or healthier.

## COLD DRINKS WITH BLACKCURRANT JUICE OR SYRUP

Add blackcurrant juice or syrup to soda water (club soda).

Soda water brings out the flavours of blackcurrants better than plain water. The high acidity means that even though blackcurrant provides fruit sugars for energy it always has a refreshing mouth feel.

## HOT DRINKS WITH BLACKCURRANT JUICE OR SYRUP

Add blackcurrant juice or syrup to your favourite hot chocolate recipe: the result is stunning.

Hot blackcurrant juice is a very refreshing alternative to any other hot drink.

## KIR AND KIR ROYLE

The French add blackcurrant juice to white wine (a kir) and to sparkling wine (a Kir Royale). Add tablespoon of juice to a glass of wine. Swirl. Sip often.

## APRES - SKI RUM DO

2 parts blackcurrant syrup  
1 part dark rum  
6 parts boiling water