

## Mocktail Recipe

### Cran Dandy Cooler

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Here's a Wonderful refreshing non-alcoholic punch for all the family to enjoy throughout the summer.



#### Ingredients

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#### Serves 8

- 2 Cups of Cranberry Juice
- 1 Cup of pineapple juice
- 1 cup of orange juice
- 2tbsp of lemon juice
- 1 can of ginger ale
- Oranges to serve

## Method

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In a gallon pitcher combine cranberry juice, pineapple juice and orange juice.

Just before serving, slowly add ginger ale; stir to blend.

Serve over ice in cups or glasses.

Garnish with orange slices.

We advise no more than 100ml of fruit juice (even the low fodmap ones)

Limit yourself to one portion for those with fructose malabsorption.