

# Mint Sour Mocktail

It would be hard not to notice the recent trend for alcohol-free wine and spirits. Alcohol-free spirits are hitting the drinks list and non-alcoholic cocktails have moved so far beyond a virgin strawberry daiquiri that they are now in a league of their own. No more giant glasses of frozen sugary juice or soda, these options are classy, slow-drinking and functional.

But if you take out the alcohol, don't you take out the fun? The concept of an alcohol-free spirit is a little like a decaf coffee. Some people wonder, "what's the point?". However many people want the ritual, the social side, the taste, the aroma... all those great things...but sometimes they just don't want the caffeine or alcohol that goes with it.

One of the mistakes we make is thinking that alcohol-free options are only for occasions when we are not drinking alcohol at all. But having a non-alcoholic cocktail when others are on round three of the real stuff, might just be your saving grace. Imagine that you're at a work dinner, others are diving in, but you want to go to the gym in the morning, or maybe your nights are broken by a new baby. Switching over to the non-alcoholic option makes so much sense at this point. You can still participate, but you can manage the other elements of your life so much better too.

If you'd still like to have the ritual – a moment to sit down at the end of the day and relax with a drink, then look no further than Three Spirit. There are intense, delicious "spirits" designed to use on the rocks or with a mixer, but they are actually functional too. By "functional", we mean that each Three Spirit option is designed to do a job – one to relax you socially (Social Elixir), one to liven you up (Livener) and one to wind you down at the end of the day (Nightcap.)

If you'd like to try before you buy, then pop to Harry's or The Cloud for a Mint Sour. It's a delicious, lightly sweet but also tart cocktail made with the Livener. Otherwise, if you'd like to go all in... make your own at home using the recipe below! For the other two options, we like the Nightcap on the rocks with a twist of lemon and the Social Elixir with a squeeze of fresh orange and topped up an inch of sparkling water. If you'd like to make your own Mint Sour, here's how to do it!

see over for recipe!

*Snutrifit* approved recipe



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**SERVES 1**

**INGREDIENTS**

- 2 oz Three Spirit Livener
- 6-8 mint leaves
- 1 oz lemon juice
- Ice
- 1 oz agave syrup
- Soda Water

**METHOD**

Pop all the above in a shaker with ice and shake well to help muddle the mint leaves. Strain into a short glass over fresh ice and top with a little soda water.



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