

Refreshing mocktails to make at home

When it comes to staying hydrated and enjoying vibrant, flavourful drinks, there's nothing better than homemade mocktails made with fresh, natural ingredients.

Whether you are craving something tangy, sweet, or packed with seasonal fruit goodness, these recipes are perfect for quenching your thirst.

FRESH GINGER LEMONADE

Ingredients

1 large piece of fresh ginger (about 3-4 inches)
4-5 lemons (freshly juiced)
2-3 tbsp honey or sweetener of choice (adjust to taste)
Ice cubes (optional)

Method

Peel the fresh ginger root and cut it into small pieces. Grate the ginger with a little bit of water to create a smooth paste. Place the

grated ginger in a fine sieve or cheesecloth, and press or squeeze it to extract the juice. You should have around 2-3 tablespoons of fresh ginger juice. Squeeze the juice from the lemons and strain it to remove seeds or pulp.

In a large pitcher, combine the freshly squeezed lemon juice, ginger juice, and cold water. Stir well to mix. Add honey (or your preferred sweetener) to taste. Stir until it's dissolved completely. If

whisk them in a blender for 15-20 seconds. Strain the juice through a fine sieve or cheesecloth into a bowl to remove the pulp. You should get about 1 to 1½ cups of fresh pomegranate juice.

Roll the limes on the counter to make juicing easier, then cut them in half and squeeze out the juice using a juicer or by hand.

In a large pitcher, combine the fresh pomegranate juice, lime juice, and cold water. Add 2-3 tablespoons of honey or your choice of sweetener and stir until it's fully dissolved. Adjust the sweetness to your preference.

SEASONAL FRUIT MOCKTAIL

Ingredients

½ cup of seasonal fruits (such as pomegranate, orange, pineapple, papaya, dragon fruit, watermelon etc.)
¼ cup fresh lime or lemon juice
A few fresh mint leaves
Ice cubes
Fruit slices or mint sprigs for garnish

Method

Place your seasonal fruits in a blender or food processor. Add the lime or lemon juice.

Blend until smooth. If the mixture is too thick, add a little water to reach your desired consistency. For a smoother mocktail, you can strain the blended mixture through a fine sieve or cheesecloth to remove any pulp or seeds.

In a large pitcher or glass, combine the strained fruit puree with cold water. Pour the seasonal fruit mixture into the glasses, filling them about three-quarters full. Garnish with extra fruit slices.

Photo: Shahrear Kabir Heemel

Location, Food, & Styling: Mermaid Beach Resort



FRESH LIME POMEGRANATE JUICE

Ingredients

2 large limes (freshly juiced)
1-1½ cups of fresh pomegranate seeds
2-3 tablespoons of honey or sweetener of your choice
Ice cubes

Method

Cut the pomegranate in half and gently tap the back with a wooden spoon to release the seeds. Once you have the seeds,

