

Modified Malt/Malta Drink (fresh fruit juice alternative)



✓ Vegetarian

Provides 5 servings. Preparation time is 15 minutes

Ingredients:

1 Medium water melon, cut into seedless cubs
 3 Pieces of passion fruit
 1 tsp lemon juice
 1 Cup (200g) apple juice
 1 Cup (200g) orange juice with bits
 Fresh mint and slices of orange, melon (and your favourite fresh fruits) to garnish

Preparation method:

Cut the melon cubes into seedless cubs and blend in a blender to juice with bits consistency. Cut passion fruits into halves and scoop out the pulp and seeds into a large jar. Pour all the juices into the large jar and give it a good stir. Pop jar into the fridge to chill for an hour or serve over ice cubes. Garnish with slices of orange, melon and your favourite fruits.

Nutritional information per 100g of edible portion:

Energy (kcal/kJ)	31kcal/133kj
Total Fat (g) <i>of which saturated fatty acids (g)</i>	0 0
Carbohydrates (g) <i>of which sugars (g)</i>	6.6 6.1
Dietary fibre (g)	0
Protein (g)	0.5
Salt (g)	0.01

Each 203g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
269kJ 63kcal	0g	0g	12g	0.03g
3%	0%	0%	13%	1%

of an adult's reference intake