

Summer Soda Shrubs

#cooking/recipe

#2019/July#

Summer Sodas 3 Ways. - Half Baked Harvest

Ingredients

CUCUMBER MELON REFRESHER

6 cups cubed honeydew

2 Persian cucumbers or 1 english cucumber skin removed + chopped

1/3 cup fresh mint

pinch of Kosher salt

2-6 tablespoons honey or agave depending on your taste

1/4 cup lime juice

chilled original kombucha or sparkling water, for topping

MANGO LEMONADE

2 cups very ripe mangos peeled + diced (about 3-4)

1/2 cup honey or agave nectar

1 cup fresh lemon juice

chilled original kombucha or sparkling water, for topping

HIBISCUS AGUA FRESCA

1 cup dried hibiscus flowers

1 inch piece fresh ginger peeled + roughly chopped

3 cups water

3/4 cup honey

1/4 cup lime juice + lime wedges for serving

chilled original kombucha or sparkling water, for topping

fresh basil or mint I used basil

Process

CUCUMBER MELON REFRESHER

In a blender, combine the melon, cucumbers, mint and salt. Blend until smooth. Strain the mixture through a fine mesh strainer, being careful to not push too much of the pulp through the strainer. Discard the pulp. Stir in the the lime juice + honey. Chill the puree until ready to serve.

To serve pour a little melon puree into a glass filled with ice. Top with chilled kombucha or sparkling water.

MANGO LEMONADE

In a blender, combine the mango, honey and lemon juice. Blend until completely smooth. Pour mixture into a jar and chill until ready to serve.

To serve, pour the mango mixture over a glass filled with ice and top with chilled kombucha or sparkling water.

HIBISCUS AGUA FRESCA

In a medium saucepan, combine the dried hibiscus, ginger, water and honey. Set the pan over medium heat and bring to a boil, reduce the heat to a simmer and simmer 5 minutes. Remove from the heat and let sit, covered, for another 10-15 minutes. Strain the mix through a fine mesh strainer, discard the hibiscus flowers and ginger. Stir in the lime juice and then chill the mixture until ready to serve.

To serve, pour the hibiscus mix over a glass filled with ice and top with chilled kombucha or sparkling water.

Nutrition

Servings:

Calories:

Fat:

Carbs:

Protein: