

Summer Pomegranate cooler



Jamie Oliver's
Pomegranate Drink

Servings: 4, 20 cal per person

INGREDIENTS

Ice cubes
A few sprigs of fresh mint
½ a lemon
1 pomegranate
1 litre of sparkling water

EQUIPMENT

A large jug
Sieve
Chopping board
Knife
Wooden spoon

PREPARATION

1. Half-fill a large jug with ice. Then, scrunch up a few sprigs of fresh mint and add to the jug, squeezing in the juice from ½ a lemon.
2. Place a sieve over the jug, then cut the pomegranate in half and really squeeze each half so all the capsules break and the juice pours into the jug.
3. Discard what's left behind in the sieve. Top the jug up with sparkling water, stir with a wooden spoon and serve.

€, €, 水, ?, ?

AVpdloxk

{"actor": "485345"