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# BRAMBLE

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## INGREDIENTS FOR 1 PERSON

50ML CLEAN G RHUBARB  
100ML SPARKLING WATER OR TONIC  
25ML BLACKBERRY JUICE OR BLACKBERRY  
AND APPLE JUICE  
1 TSP HONEY OR SUGAR SYRUP (TO TASTE)  
SLICE OF LEMON AND 2 BLACKBERRIES TO  
GARNISH

## METHOD

- Add Clean G Rhubarb, fresh blackberry or apple juice and honey/sugar syrup to a wine glass filled with ice and stir.
- Top up with sparkling water (or tonic if you prefer)
- Garnish with a slice of lemon and some blackberries.



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# NO-GRONI

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## INGREDIENTS FOR 1 PERSON

50ML CLEAN GIN  
25ML NON-ALCOHOLIC SWEET VERMOUTH (SUCH  
AS MARTINI NON-ALCOHOLIC VIBRANTE)  
1TSP OF QUALITY MARMALADE, OR ORANGE JAM  
ORANGE PEEL, OR FRESH ORANGE, TO GARNISH

## METHOD

- Add Clean G, Vermouth and marmalade to a mixing glass. Top with ice and stir
- Strain the liquid into a chilled glass filled with ice.
- Garnish with a twisted orange peel, or a fresh slice of orange.



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# CLEAN-A-COLADA

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## INGREDIENTS FOR 1 PERSON

50ML CLEAN RUM  
50ML FRESH PINEAPPLE JUICE  
50ML COCONUT CREAM  
PINEAPPLE WEDGE & LEAVES, TO GARNISH

## METHOD

- Add ice to your highball or coupe glass
- Add Clean R, fresh pineapple juice and coconut cream to a cocktail shaker, shake and strain into the glass
- Garnish with the pineapple wedge and leaves



# NO-JITO



## INGREDIENTS FOR 1 PERSON

50ML CLEAN RUM  
A FEW FRESH MINT LEAVES  
1 TSP SUGAR SYRUP OR BROWN SUGAR  
150ML SODA WATER  
LIME WEDGE AND MINT LEAVES TO GARNISH

- Gently muddle a few mint leaves in the bottom of your cocktail shaker. You don't want to crush it but instead, just bruise it slightly to help it release its fragrant oils. This should only take a few taps with your muddler! If you don't have a muddler, the end of a wooden spoon works too
- Add Clean R, fresh lime juice and sugar syrup to your cocktail shaker with a handful of ice. Shake hard and fast.
- Strain into a glass filled with ice. Top with Soda



# USEFUL STUFF...

It can be very expensive to buy the ingredients but look out for offers. **SOBER OCTOBER** online is the best time to buy and if you subscribe to websites or follow on your socials you'll get the offers direct

## Making a Simple Sugar Syrup?

Sugar syrup is a common ingredient in cocktails. Basic simple syrup consists of equal amounts of white sugar and water. You can infuse homemade simple syrup with fresh herbs like rosemary, mint, or lavender. Combine the sugar and water in a saucepan and bring to a boil, stirring until the sugar has dissolved. Leave to cool and keep in the fridge.

## SOME USEFUL LINKS

For the session I've used the range of non-alcoholic spirits from Clean Co - <https://clean.co/> and also Pentire too who kindly donated the spritz cans - <https://pentiredrinks.com/> and <https://www.martini.com/drinks/martini-non-alcoholic-vibrante-spritz/23259/>

Some other good ones include Tanqueroy 00, Captain Morgan's, Gordon's Zero gin, Seedlip and Lyles which you can buy online or from many supermarkets.

And the good news - it's SOBER OCTOBER so lots and lots and offers on all these online now ready for Christmas or for you to start trying to reduce your alcohol intake whilst still feeling like you've had a real drink. Hope you enjoy.

**Cheers!!!**

# PASSION FRUIT MARTINI



## INGREDIENTS FOR 1 PERSON

50ML CLEAN GIN or CLEAN VODKA  
30ML LEMON JUICE  
1 EGG WHITE  
50ML PASSION FRUIT SYRUP/PUREE  
10ML SUGAR SYRUP  
PASSION FRUIT HALF TO GARNISH  
SPARKLING ZERO PROSECCO, ELDERFLOWER  
OR GRAPE JUICE TO SERVE

## METHOD

- Add ice with the passion fruit puree, lemon juice, egg white, spirit and syrup to a cocktail shaker and shake vigorously until the shaker feels cold and the contents are frothy.
- Strain into martini glasses and garnish with passion fruit half and a shot of sparkling juice.

