

Sparkling cranberry, ginger and apple kombucha mocktail

Ingredients:

- 1 ½ inch piece of fresh ginger, peeled and roughly chopped
- 4 tbsp. fresh cranberries
- 3 cups apple juice
- 12 ice cubes
- 3 cups original kombucha
- Fresh cranberries and ginger slices to garnish

Directions:

- Place ginger, cranberries, 1 cup of apple juice and ice cubes in a nutribullet or blender and blitz well
- Pour the mixture into 4 highball glass and top with the remaining apple juice and the kombucha
- Garnish each glass with some fresh cranberries and couple of slices of ginger and serve

If you don't have kombucha or don't like it, replace with sparkling water instead.

It's great to have some alcohol-free drinks to serve to guests. For those wanting to include some alcohol, try swapping the apple juice for some Irish craft cider.

Cranberries are a great source of plant polyphenols, which help support a healthy gut microbiome. Kombucha contains beneficial bacteria, making this a very gut friendly cocktail.