

# Dark Cherry and Mint Fizz



## Ingredients:

- 2 c. dark cherries, pitted (fresh or frozen)
- 2 T. maple syrup
- 1 c. water
- ¼ c. fresh lime juice
- 1 c. fresh mint leaves, washed, patted dry, and torn
- 2 c. club soda

## Optional Adults-Only Version:

Add 1 oz. gin per serving

Prep time: 20 minutes

Cook time: n/a

Serves: 4

## Directions:

1. Combine dark cherries, maple syrup, and water in a small saucepan and place over medium heat. Cook, stirring frequently, for 4-5 minutes or until the mixture is warmed through and bubbly and the cherries release their juices.
2. Remove from heat and transfer the dark cherry mixture to a blender or food processor and blend until smooth. Pour into a pitcher and let cool at room temperature for 10-15 minutes.
3. Add lime juice and mint leaves and stir to combine. Place in the refrigerator until ready to serve.
4. To serve, fill four serving glasses with ice and add ¼ cup dark cherry mixture, ½ cup club soda, and one ounce gin, if using, to each glass. Stir gently to combine and serve immediately. Enjoy!

**natural**  
awakenings