



Sea Buckin' Bronco Mocktail

1 Part Sea Buckthorn Berries (fresh or frozen)

1 Part Lemon Juice

2 Parts Orange Juice

2 Parts Apple Juice

1 Freshly Squeezed Lime

2 Tablespoons Sweetener

(Honey, Maple Syrup or Agave)

Tonic Water To Taste

Ice (Optional)

Use a mortar and pestle to mash the Sea Buckthorn Berries

Sieve the mashed berries through muslin

Put the mashed berries and all other ingredients into a blender

Blend with ice (or not!)

Add a sprig of mint

And enjoy!

Illustration by Caroline Walshe

Recipe by Virginia O'Gara (My Goodness)

