

Sparkling guava cucumber mocktail

Ingredients

Fresh guava mix(makes about 1½ cups):

- 2 medium ripe guavas (about 300g), peeled and roughly chopped
- 1 cup cold water
- 1 tablespoon fresh lime juice
- 1 teaspoon honey or agave (optional, only if the guava is under-ripe)

Each mocktail (multiply by 4):

- ⅓ cup fresh guava mix
- 1 tablespoon fresh lime juice
- 3-4 thin cucumber slices
- 4-5 fresh mint leaves
- 1-2 jalapeño slices (optional, for gentle heat)
- ¾ cup sparkling water, regular or guava-flavored
- Ice



Nutritional information

Total cost \$7.20/\$1.80 per serving

Serves: 4

Calories: 67 per serving

Directions

- Blend peeled, chopped guava with 1 cup cold water and lime juice until completely smooth.
- Push through a fine mesh strainer, pressing with back of a spoon to extract as much liquid as possible, leaving seeds and pulp behind. Makes about 1½ cups guava liquid.
- Refrigerate until ready to use, up to 2 days ahead.
- Fill glasses with ice and set aside.
- In a cocktail shaker or mason jar, combine cucumber slices, mint leaves and jalapeño (if using).
- Press gently with a muddler or back of a spoon, just enough to bruise and release flavor without shredding.
- Add fresh guava mix, lime juice and a handful of ice to shaker.
- Seal and shake for 10-15 seconds until cold.
- Strain into ice-filled glass.
- Top with sparkling water and stir once, gently.
- Optional garnishes: A thin cucumber slice draped over the rim, a sprig of fresh mint and a lime slice.