

NON-ALCOHOLIC SANGRIA

NON ALCOHOLIC DRINKS

Enjoy a refreshing twist on a classic with our Non-Alcoholic Sangria! It's a deliciously fruity, alcohol-free alternative perfect for any occasion.

1 LARGE JUG

PREP TIME: 5 MINS

INGREDIENTS

- 500mls **grape juice**
- 250mls **orange juice**
- 1-2 tablespoons **balsamic vinegar** to taste
- **Orange** (cut into lices)
- **Apple** (cored and cut into slices)

METHOD

1. Put summer fruit squash and lemonade in a jug, make this quite strong in flavour. Taste it and if happy add 2 tablespoons balsamic vinegar and stir well.
2. Taste it and add the third tablespoon to make it have more of a tangy flavour.
3. Add the fruit and mint and stir.
4. Serve over ice



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All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into your diet if you require a high-energy diet during and after cancer treatment. However, it is essential to consult with your medical team for personalized advice tailored to your specific treatment pathway.