

# NON-ALCOHOLIC PIMMS

## NON ALCOHOLIC DRINKS

Ideal for garden parties, picnics, or simply relaxing outdoors, it's a colorful and healthy alternative that's as vibrant as it is delicious. Serve over ice, sit back, and enjoy a sip of summer!

1 LARGE JUG

PREP TIME: 5 MINS

### INGREDIENTS

- **Summer fruits squash** (to taste)
- 750mls **diet lemonade**
- 3 tablespoons **balsamic vinegar**
- **Orange (sliced)**
- **Strawberries and Cucumber** chopped
- 2 sprigs of **mint**

### 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. Serve over ice.



ella dawson  
FOUNDATION

helping young adults  
live **well** with cancer

*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.*