

MINT JULEP MOCKTAILS

Makes 8 8-oz. Mocktails

The Ingredients

3 cans Ginger Ale (I use zero calorie)
1 cup Mint Simple Syrup (recipe below)
Filtered ice
Mint sprigs and lime slices for garnish

The Method

1. Fill 8 julep cups with crushed or chipped ice. Pour ginger ale almost to the top of the cup, about $\frac{3}{4}$ cup. Pour 2 tablespoons over the top of the ice. If you prefer a sweeter sip, increase the mint simple syrup to $\frac{1}{4}$ cup. Garnish with a sprig of mint and a slice of lime.

MINT SIMPLE SYRUP

Makes 2 cups

The Ingredients

2 cups filtered water
2 cups granulated sugar
1 cup mint leaves, washed and lightly packed

The Method

2. Combine the sugar, water, and mint in a medium saucepan over medium heat. Heat, stirring occasionally just until the sugar is completely dissolved; do not boil. Remove the pan from heat, cover, and allow the mint leaves to steep for 20 to 30 minutes. Strain the syrup and discard the leaves. Store in an airtight container.
3. Allow the syrup to cool completely before refrigerating. Syrup will keep in the fridge for up to 4 weeks or can be frozen for up to 3 months and defrosted just prior to use.

