

Non Alcoholic G & T



Ingredients

- 5 cardamom pods
- ½ cucumber
- 1 chamomile teabag
- ½ bunch mint leaves, plus extra to garnish
- 1 strip lemon zest
- 5 cloves
- ½ bunch rosemary
- tonic water, to top up
- ice
- few pomegranate seeds, to garnish (optional)

Method

Bruise the cardamom pods and slice the cucumber. Put them both in a large jug and add the chamomile teabag, mint leaves, lemon zest, cloves and rosemary. Top up with 500ml cold water. Leave to infuse in the fridge for 2-4 hrs. To serve, strain the infused water and pour 50ml of it into each glass. Top up with tonic water and lots of ice. Garnish each one with a few more mint leaves and pomegranate seeds, if you like.