

Blood Orange, Peach and Rosemary Mocktail



Savor the refreshing burst of flavors in our mocktail featuring blood orange, peach, and rosemary. This vibrant concoction is a perfect blend of zesty citrus, juicy peach, and aromatic rosemary, delivering a truly invigorating experience.

Preparation 5 min
Cooking 10 min
Servings 6
Nutrition Facts (per serving)
Calories 70
Fat 0
Carbohydrates 16
Fibre 0
Protein 0
Sodium 3

Ingredients

- 375 ml (1 ½ cup) sliced peaches
- The juice of 3 large blood oranges (about ¾ cup or 200 ml)
- 125 ml (½ cup) water
- 60 ml (¼ cup) maple syrup
- Juice of one lemon (or 60 ml / ¼ cup)

- 5 sprigs of fresh rosemary
- 1.36 L (6 cups) unflavoured sparkling water
- Ice cubes

Topping

- Orange segments
- Rosemary sprigs

Preparation

1. Place peaches, blood orange juice, water, maple syrup, lemon juice and rosemary in a high-sided pot. Bring to a boil, then reduce heat to low and simmer for 10 minutes.
2. Remove from heat and use a potato masher or blender foot to coarsely mash the peaches to extract the juice.
3. Place a sieve over a bowl and pour the mixture through the sieve to keep only the juice.
4. Pour ¼ cup (60 ml) of the mixture into a glass filled with ice cubes and add one cup of sparkling water.
5. Garnish with an orange wedge and rosemary sprig if desired.

Notes



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