

Cranberry and Lime Syrup



Impress your guests with just a few simple steps. This cranberry syrup is perfect for a variety of cocktails, but here's an alcohol-free version that will dazzle everyone with its astringent and tangy notes, without leaving a bitter aftertaste. This low-sugar drink will delight both young and old.

Preparation 10 min

Cooking 120 min

Servings 10

Nutrition Facts (per serving)

Calories 30

Fat 0

Carbohydrates 9

Fibre 1

Protein 0

Sodium 0

Ingredients

- 500 ml (2 cups) cranberries, fresh or frozen
- 500 ml (2 cups) water
- 60 ml (¼ cup) maple syrup
- 2 fresh limes
- 30 ml (2 tbsp) fresh thyme

Preparation

1. Wash the limes and cranberries. Squeeze the limes to collect its juice.
2. Add cranberries, lime juice and peels, water, maple syrup and thyme to a saucepan and bring to a boil.
3. Simmer the syrup for 2 hours over low heat, stirring occasionally.
4. Remove from heat and let it chill until room temperature, remove lime peels, then blend in a blender for 1 minute.
5. Using a sieve, strain to remove debris.
6. Set aside in the refrigerator.
7. When preparing mocktails, mix the syrup with sparkling water (flavour of your choice) then garnish with a slice of lime or fresh herbs, add ice and enjoy.

Notes

Can be kept 14 days in the refrigerator.



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