

Bergamot Bliss Mocktail



Elevate your Dry February experience with our Bergamot bliss mocktail – a pleasure that's as healthy as it is delightful. This low-sugar, tea-based concoction seamlessly blends the sophistication of Earl Grey with subtle citrus notes. Enjoy a refreshing escape without compromising on flavor, where the secret is so well-kept, you'll forget you're abstaining from alcohol. Indulge in a mocktail that's the perfect companion for a balanced and mindful lifestyle.

Preparation 12 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 40

Fat 0

Carbohydrates 6

Fibre 0

Protein 4

Sodium 60

Ingredients

- 60 ml (¼ cup) hot water
- 2 Earl grey teabags
- 5 ml (1 tsp) sugar

- 22.5 ml (1 ½ tbsp) lemon juice
- 250 ml (1 cup) ice cubes
- Loose-leaf Earl grey tea for decoration, optional

Preparation

1. In a small bowl, steep the 2 teabags in the hot water for 5 minutes.
2. After 5 minutes, remove the teabags from the bowl and add sugar to the steeped tea. Wait another 5 minutes for tea to cool.
3. Add all the ingredients, except the ice into a cocktail shaker and shake vigorously for one minute.
4. After one minute, add the ice and shake vigorously again.
5. Strain the mocktail into a cocktail glass, top with loose-leaf tea and enjoy!

Notes

Serve immediately



Sophie Idris – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal