

Upcycled Mocktail

SERVING SIZE: 1 each



Ingredients

Pineapple Core, Fresh	2 oz
Apple Core, Fresh	2 oz
Cantaloupe Rind, Fresh	2 oz
Honeydew Melon Rind, Fresh	2 oz
Pear Core, Fresh	2 oz
Granulated Sugar	1 cup
Water	1 cup
Cantaloupe Melon, Fresh slices	1 each
Fresh Mint	1 sprig
Sparkling Bubly, your favorite flavor	6 oz
Ice cubes	¼ cup

Directions

- Place fruit scraps in a pot and add water and bring to a boil. Turn off heat when boiling and add sugar. Whisk to combine and until sugar is dissolved.
- Place mixture into a blender and process until liquid. Strain through cheesecloth to remove all particles. Chill syrup.
- Add ice to glass, 1 oz upcycled syrup, 6 oz bubbly, garnish with mint and melon slice.
- Enjoy

***Chef Tip:** use what ever fruit scraps you have at home to make syrup, examples, berries, watermelon, etc.

Nutritional per serving:

Calories 100 kcal, **fat** 0 gm, **protein** 0 gm, **carbs** 27 g, **fiber** 0g, **sodium** 5 mg