

Nopalito and Apple Juice Soda



Makes 1.5 liters

Preparation time: 20 min.

*Recipe developed by Yo-Chai Huang
Checked and edited by Dr Alba du Toit*

INGREDIENTS:

- 250 ml apple juice
- 1 nopalito
- 1 celery stalk
- 5 mint leaves
- 1 tin pineapple pieces, drained
- 1 litre Sprite carbonated beverage (Lemonade)

Garnish

- Mint leaves
- Fresh pineapple, cubed

METHOD:

- Clean, remove the glochids and cut the nopalitos roughly into smaller pieces.
- Pour the apple juice, nopalito pieces, celery, mint leaves and pineapple pieces into the liquidiser and blend until all pieces are liquidised.
- Strain the juice through a sieve to remove the pulp that remained in the liquidised juice. Refrigerate the concentrated pulp until cool.
- Just before serving, mix the Sprite into the mixture.
- Serve with ice and garnish the drinks with mint leaves and fresh pineapple pieces.