

# Melon sangria

SERVES 6 • PREP IN 15 MINS • VEGETARIAN • GLUTEN FREE

£2.26 per serving

Feel free to change the proportions of melon to include more of your favourite, or to use up what you have.

- 400g honeydew melon
- 400g watermelon
- 400g cantaloupe melon
- 100ml brandy
- 3 tbsp clear honey or ginger syrup (from a jar of stem ginger)
- 1 lime, sliced
- 6 fresh mint sprigs
- 1 bottle of cava or Prosecco
- 400ml lemonade
- Ice cubes, to serve

1. Scoop out as many balls as you can from the melon flesh using a melon baller. Dice any remaining flesh and blitz in a blender with the brandy and honey (or syrup) until smooth. Pour into a large serving jug and add the melon balls.
2. Add the lime slices, mint sprigs, sparkling wine and lemonade. Stir and add ice.
3. Pour into tall tumblers to serve, spooning some melon balls into each glass.



Each serving contains approx

ENERGY	LOW	LOW	HIGH	LOW
961kJ	Fat	Saturates	Sugars	Salt
229kcal	0.3g	Trace	28.4g	Trace
11%	0%	<1%	32%	<1%

of your Reference Intake  
Carbohydrates per serving: 28.4g