

Summer Refresher with a2 Milk®



Recipe supplied by a2 Milk®.

Ingredients

1/2 cup each of fresh or frozen blackberries, raspberries and blueberries

1/3 teaspoon vanilla extract

1/3 cup a2 Milk® Lactose free

Mint leaves, to garnish

Raspberry Syrup

3 tablespoons sugar

300g frozen raspberries

Juice of 1 lemon

Method:

1. Raspberry Syrup
2. Stir ingredients on low heat until sugar is dissolved.
3. Remove from heat drain mixture through a fine mesh strainer.
4. Let it cool for 20 minutes.
5. Mocktail
6. Combine a handful of blackberries, blueberries and raspberries into a blender with ice, vanilla extract, 2-3 tablespoons of your raspberry syrup, and a2 Milk® Lactose free.

7. Pour into a glass over ice and serve with a garnish of the berries and mint leaves.