

# FRESH FENNEL COCKTAIL

<b>PREP TIME</b> 10 mins	<b>COOK TIME</b> 0 mins	<b>TOTAL TIME</b> 10 mins	<b>SERVES</b> 4
--------------------------	-------------------------	---------------------------	-----------------

Author: [Ariel Richards](#)

SEASON: Summer, Fall

WEEKS: 1-4 & Living Wildfit



## INGREDIENTS

1 bulb of fennel, greens separated  
2 grapefruit, one sliced as garnishes  
2 inch piece of fresh ginger, peeled  
2 Tablespoons of honey  
Pinch of salt  
Tray of ice  
Sparkling water (optional)

## PREPARATION

Split fennel bulb in quarters, add to blender with ginger  
Squeeze juice of grapefruit into your blender  
Add pinch of salt  
Blend together for a minute, stop blender and add honey, whiz again.  
Strain through a fine mesh sieve, pressing all the juice through into a glass container  
Chill for a few minutes, allowing the flavours to meld  
Pour over ice when ready to serve. Top up glasses with water- flat or bubbly.  
Garnish with fennel fronds and grapefruit wedges. Enjoy!