



Yogurt cocktail

30'
Hands on

6 hours'
Hands off

3'
Cook Time

5
Portion(s)

3
Difficulty



Method

For the berry puree

- In a **pot** over medium heat, boil the water with the sugar. Allow to come to a boil and the sugar to dissolve.
- Remove pot from heat. Allow the syrup to cool.
- Beat all the berries, strawberries, lemon juice and cold syrup in a blender until all the fruits break down.
- Strain the puree and pour into glasses.
- Place the glasses in the freezer, in a 30 degree angle and allow 6 hours so that the puree freezes.

For the spices syrup

- Place a pot over medium heat. Add the water with the sugar and the spices.
- Let it come to a boil and the sugar to dissolve.
- Remove pot from heat and cover with a plastic wrap.
- Allow the syrup to cool and drain the aromas of the spices. When cool, strain to a **bow!** and keep the syrup.

For the cocktail

- In a bowl, mix the lemon juice, mastic, yogurt and spices syrup.
- Remove glasses from freezer and pour the mixture in.
- Add ice and serve with a cinnamon stick in each glass.

Ingredients

For the berry puree

- 100 g water
- 100 g granulated sugar
- 250 g raspberries
- 6 blueberries
- 6 blackberries
- 3 strawberries
- 50 g lemon juice

For the spice syrup

- 100 g water
- 100 g granulated sugar
- 2 stick(s) cinnamon
- 1/4 teaspoon(s) cloves, whole
- 2 allspice berries
- 3 pods cardamom
- 1 nutmeg

For the cocktail

- 100 g lemon juice
- 250 g mastic liqueur
- 100 g strained yogurt
- ice
- 5 stick(s) cinnamon

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|----------------------|-----------------------------|----------------------------|
| 324 Calories (kcal) | 0.8 Total Fat (g) | 0.4 Saturated Fat (g) | 46.0 Total Carbs (g) |
| 16% | 1% | 2% | 18% |
| 45.0 Sugars (g) | 2.0 Protein (g) | 4.1 Fibre (g) | 0.05 Sodium (g) |
| 50% | 4% | 16% | 1% |