

Wind Cheater

Recipe from www.blackcurrantfoundation.co.uk

INGREDIENTS:

- 1/3 cup fresh or thawed blackcurrants
- 3/4 cup chilled fennel tea*
- 2 tsp raw honey

*made with 1 cup hot water and 2 teaspoons fennel seeds, brewed for 10 minutes and then sieved.

PREPARATION:

Press the blackcurrants through a sieve, discarding the pulp that is left behind. Stir the blackcurrant juice you have made into the fennel tea and then add honey.

NOTES FROM THE COOK: