

# GLUTEN FREE *& more* SUMMER RECIPES

BEAT THE HEAT



*Easy &  
Delicious*

SUMMERTIME SALADS  
MAIN DISHES  
SIDES & SNACKS

NO-BAKE DESSERTS  
SIPS





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SUMMERTIME

*Salads*



# Kale, Beet & Lentil Salad

## with golden dressing

### Ingredients

#### For the dressing:

- ¼ cup neutral oil (e.g. avocado, canola, etc.)
- ¼ cup nutritional yeast
- ¼ cup tamari or gluten free soy sauce
- 3 tablespoons apple cider vinegar
- 2 cloves garlic, minced

#### For the salad:

- 2 bunches kale, ribs removed, cut into ribbons widthwise
- 2 medium roasted beets, chilled, peeled and diced
- 1½ cups Beluga lentils, cooked (or a 14-ounce can, drained and rinsed)
- 1-2 avocados, pitted, peeled and diced
- 1 cup seedless red grapes, halved
- ¼ cup sliced almonds, toasted
- ¼ cup pumpkin seeds, toasted

### Directions

- In a blender, add all the dressing ingredients and process until smooth.
- Massage the kale in a large bowl. Add the beets and lentils, tossing gently. When you are ready to serve the salad, gently toss in the avocado, grapes, almonds, and pumpkin seeds and drizzle the dressing in, to taste. (You might not use the whole batch of dressing; save the rest in a covered jar in the fridge.)

Serves 4





# Spicy Cucumber Salad

## Ingredients

- 6 mini cucumbers
- 1 tablespoon kosher salt
- 1 tablespoon balsamic vinegar
- 1 tablespoon chili garlic sauce
- 1 ½ teaspoons grated fresh ginger
- 1 teaspoon sesame oil
- 1 teaspoon tamari
- 1 teaspoon coconut or brown sugar
- 2 large garlic cloves, grated
- 1 tablespoon white sesame seeds

## Directions

- Trim the ends off each cucumber. To make spiral cucumbers, put a cucumber on a flat cutting surface between two chopsticks. Slice ¼ inch cuts into the cucumber making sure not to slice all the way through (the chopsticks will keep you from doing so). Flip the cucumber over and make ¼ inch slight diagonal cuts. Repeat with remaining cucumbers. Alternately, you can simply slice the cucumbers into between ¼ and ½ inch thick slices. Place the cucumbers in a bowl. Sprinkle the salt all over the cucumbers and toss gently to make sure they are well coated. Let sit for 15 minutes.
- In a small bowl combine vinegar, chili garlic sauce, ginger, sesame oil, tamari, coconut sugar, and garlic.
- Rinse the cucumbers with cool water and gently pat dry. Place on a serving plate and drizzle with the dressing.
- Refrigerate for 10 - 15 minutes. Top with sesame seeds and serve.

Serves 4









# Chickpea Salad Niçoise

## Ingredients

### *For the dressing:*

- ⅓ cup olive oil
- ¼ cup fresh lemon juice
- 2 tablespoons Dijon mustard
- 2 tablespoons finely diced shallots
- 1 clove garlic, finely diced
- 1½ teaspoons agave
- ½ teaspoon white miso
- ½ teaspoon kosher or fine sea salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon dried oregano

### *For the chickpeas:*

- 1 (14-ounce) can chickpeas, drained and rinsed
- 2 teaspoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon dried oregano
- Pinch of kosher or fine sea salt

### *For the salad:*

- 7 ounces green beans, trimmed
- 7 ounces baby potatoes, color of choice, cut into bite-size pieces
- 2 cups chopped romaine lettuce
- 1 cup grape tomatoes, halved
- 1 cup thinly sliced English cucumber
- ¼ cup pitted mixed Greek olives
- ½ small red onion, thinly sliced
- 2 tablespoons chopped fresh chives
- ¼ cup capers, drained
- Pinch of kosher or fine sea salt
- Pinch of freshly ground black pepper

## Directions

- In a small bowl, combine all ingredients. Whisk to combine. Set aside to allow the flavors to meld together.
- In a medium bowl, combine the chickpeas, lemon juice, mustard, oregano, and salt. Stir to combine. Set aside.
- Fill a medium bowl with ice water. Bring a large pot of water to a boil over high heat. When the water is boiling, reduce the heat to medium-high, add the green beans, and cook until the beans are bright green and just tender, 3-4 minutes. Using a slotted spoon, scoop out the green beans and submerge them in the ice water. Add the potatoes to the boiling water and cook until fork-tender, 10-12 minutes. Drain the potatoes and rinse under cool running water.
- Drain the green beans. Pat the potatoes and green beans dry.
- Spread the romaine lettuce on a large serving platter. Evenly arrange the green beans, potatoes, tomatoes, cucumber, olives, and red onion over the romaine. Sprinkle with the seasoned chickpeas, chives, capers, and a pinch each of salt and pepper. Serve the dressing on the side for drizzling. (Alternatively, you can toss all the ingredients together in a large salad bowl and toss with the dressing to taste just before serving.)



# honey miso

## Citrus Salad

### Ingredients

#### *For the dressing:*

- 6 tablespoons olive oil
- 3 tablespoons gluten-free miso paste
- 2 tablespoons tamari or gluten-free soy sauce
- 2 tablespoons rice vinegar
- 1 ½ tablespoons honey
- 1 ½ teaspoons sesame oil
- 1 ½ teaspoons grated fresh ginger
- 1 clove garlic, grated
- ½ teaspoon white sesame seeds

#### *For the salad:*

- 4 – 5 citrus fruits of choice; a variety of oranges, blood oranges, clementines, grapefruit, peeled and sliced
- 3 kiwis, peeled and sliced
- 2 starfruit, sliced
- 1 avocado, thinly sliced
- ½ cup blackberries
- ¼ cup roasted and salted pistachios, coarsely chopped
- ¼ cup pomegranate seeds
- ¼ cup microgreens of choice
- Kosher or fine sea salt
- Freshly ground black pepper

### Directions

- Combine olive oil, miso paste, tamari, rice vinegar, honey, sesame oil, ginger, garlic, and sesame seeds in a jar. Cover and shake well. Set aside.
- Slice the citrus into rounds about ½ inch thick. Cut off the rinds. Spread decoratively on a platter or on four individual serving dishes. Add the kiwi, starfruit, avocado, and blackberries. Sprinkle with pistachios, pomegranate seeds, microgreens, and a pinch of salt and pepper. Pour over some of the dressing and serve the rest on the side.

Serves 4





# Thai Steak & Mango Salad

## Ingredients

### For the dressing:

- ¼ cup fresh lime juice
- ¼ cup olive oil
- ⅓ cup coconut or brown sugar
- ½ cup finely chopped cilantro
- 1 tablespoon fish sauce
- 2 tablespoons grated fresh ginger
- 1 teaspoon finely grated lime zest
- 3 cloves garlic, grated
- 1 red chili pepper, deseeded and finely diced

### For the salad:

- ½ cup vegetable oil
- 2 large shallots, peeled and very thinly sliced (on a mandolin)
- Kosher or fine sea salt
- 8 ounces sirloin steak
- Freshly ground black pepper
- 4 ounces rice vermicelli noodles, cooked per package directions, drained, rinsed, and cooled
- 2 mangos, peeled and thinly sliced
- 1 red pepper, deseeded and thinly sliced
- 1 seedless cucumber, very thinly sliced, lengthwise
- ½ red onion, very thinly sliced
- ½ cup fresh cilantro leaves
- 1 red chili pepper, sliced into thin rings

## Directions

- Combine dressing ingredients in a jar and shake well. Set aside.
- Line a plate with paper towels. Heat oil in a small pan over medium-high heat until very hot. Add shallots and cook, stirring often, until golden brown, 7-8 minutes. Remove from pan with a slotted spoon and place on paper towels. Sprinkle lightly with salt.
- Place steak in a food storage bag with about 4 tablespoons of the dressing, coat the steak well, and let sit at room temperature for 20 minutes.
- Heat a pan over medium-high heat. Remove steak from marinade (discard marinade). Pat dry and season generously with salt and pepper. Cook steak for 2-3 minutes per side. Let sit at room temperature for at least 5 minutes before slicing thinly.
- Combine remaining ingredients in a large bowl. Add enough dressing to coat and gently toss.
  - Pile the salad high on a serving plate, top with steak and fried shallots. Serve extra dressing on the side.

Serves 5







# Main Dishes



# vegan *Watermelon Poke*

## *Ingredients*

- 6 tablespoons tamari or gluten-free soy sauce
- 2 tablespoons white sesame seeds
- 4 teaspoons sesame oil
- 4 teaspoons fresh lime juice
- 2 teaspoons chili garlic sauce
- 2 teaspoons maple syrup
- 1 teaspoons rice vinegar
- 4 green onions, very finely chopped
- 4 cups diced watermelon
- 2 cups cooked rice, quinoa, or buckwheat
- 1 cup edamame, cooked
- 1 avocado, diced
- 1 cucumber, thinly sliced
- 2 radishes, thinly sliced
- ¼ cup microgreens
- Black sesame seeds

## *Directions*

- Combine tamari, white sesame seeds, sesame oil, lime juice, chili garlic sauce, maple syrup, rice vinegar, and green onions in a large mixing bowl. Add the watermelon, toss gently to coat, cover bowl with plastic wrap and refrigerate for 1 – 4 hours.
- Divide rice between two bowls. Using a slotted spoon, add the watermelon to the bowls then finish constructing the bowls with the remaining ingredients.

Serves 2





# easy grilled *Sweet & Spicy Shrimp Tacos*

## *Ingredients*

- ½ cup finely chopped dried mango
- Juice of ½ lime
- 1 pound small raw shrimp, peeled and deveined
- 1 tablespoon extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- ⅓ cup finely chopped red onion
- 1 medium jalapeño, seeded and finely chopped
- 1 large tomato, seeded and finely chopped
- 1 ripe avocado, pitted and cubed
- A handful of cilantro leaves, minced
- 12 (5-inch) corn tortillas, warmed or toasted
- Lime wedges, for serving, optional

## *Directions*

- Place the mango in a small bowl and add lime juice; let marinate for 10 - 15 minutes.
- Pat the shrimp dry and place in a medium bowl. Add olive oil, a sprinkle with salt and pepper and mix with your hands to combine.
- Place on a preheated grill pan and grill 1 - 2 minutes per side until pink and cooked through. Remove from grill and keep warm.
- Add the onion, jalapeno, tomato, avocado and cilantro to the mango mixture and mix. Season with salt and pepper to taste.
- Divide the shrimp between tortillas and top with mango salsa. Serve with lime wedges, if desired.

Makes 12







# Buffalo chicken *Zucchini Boats*

## *Ingredients*

- Gluten-free nonstick cooking spray
- 4 medium zucchini
- 1 pound ground chicken
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ cup buffalo wing sauce (not regular hot sauce), plus more for serving
- 1 cup shredded mozzarella cheese
- ¼ cup crumbled blue cheese
- 2 green onions, thinly sliced
- Celery leaves, optional

## *Directions*

- Preheat the oven to 325°F. Line a rimmed baking sheet with parchment paper or foil. Spray with cooking spray.
- Cut the zucchini in half lengthwise and scoop out the flesh, leaving a ¼ inch to form a boat. Chop the flesh and reserve for later.
- Place chicken in a large skillet over medium-high heat. Break up the chicken, add the garlic and onion powders, and cook 7 - 9 minutes or until fully cooked. Add the chopped zucchini flesh and buffalo wing sauce and cook for another 2 - 3 minutes. Stuff the mixture into the zucchini boats, top with mozzarella cheese, and bake for 30 - 35 minutes or until the cheese is fully melted and the zucchini tender.
- Top with crumbled blue cheese, green onions, and celery leaves. Drizzle with more wing sauce.

Serves 2







# Garlicky Kale Pasta

## with peas and toasted almonds

### Ingredients

- ½ cup almonds, sliced
- 1 pound gluten-free pasta
- ¾ cup olive oil
- 3 tablespoons minced garlic (pre-minced or 6 cloves, minced)
- 1 teaspoon fine sea salt
- ½ teaspoon ground black pepper
- 1 cup peas (frozen, organic)
- 2 cups kale, leaves torn from stems
- ⅓ cup vegan Parmesan cheese, plus more for serving

### Directions

- In a small skillet, toast the almonds over medium-low heat. Toss frequently to keep them from burning. Toast until golden brown and set aside in a bowl or dish.
- Cook pasta according to package directions. Drain. Set aside.
- In a large skillet, heat the olive oil and garlic over medium-low heat until the garlic starts to turn brown and becomes very fragrant. Stir occasionally to keep from burning. Add salt and pepper to oil mixture, then add the pasta and toss to combine.
- Cover peas with water in a microwavable bowl. Microwave for 2 minutes. Drain. Add to the pasta mixture and toss. Add the kale leaves and vegan Parmesan cheese. Toss one final time. Top with toasted almonds and more vegan Parmesan cheese, if desired.

Serves 4







# Black Bean Salsa Burgers

## Ingredients

- 1 (15-ounce) can black beans, rinsed and drained
- 1 cup gluten-free panko breadcrumbs
- 1 cup salsa, divided
- 1 large egg, lightly beaten
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground cumin
- 1 tablespoon olive or vegetable oil
- 4 gluten-free hamburger buns, lightly toasted
- Mayonnaise
- Cilantro or cilantro microgreens
- 1 avocado, sliced

## Directions

- Mash the beans in a large bowl with a fork. Add the breadcrumbs, ½ cup salsa, egg, garlic powder, onion powder, and cumin. Shape the mixture into four equal-sized patties and refrigerate for 30 minutes.
- Heat the oil in a large skillet over medium heat. Cook the burgers for 5 - 7 minutes per side or until crispy on the outside and firm.
- Spread top and bottom buns with mayonnaise. Serve on buns with remaining salsa, cilantro, and avocado slices.

Serves 4





# Sides & Snacks



# Strawberry, Basil Brie Bites

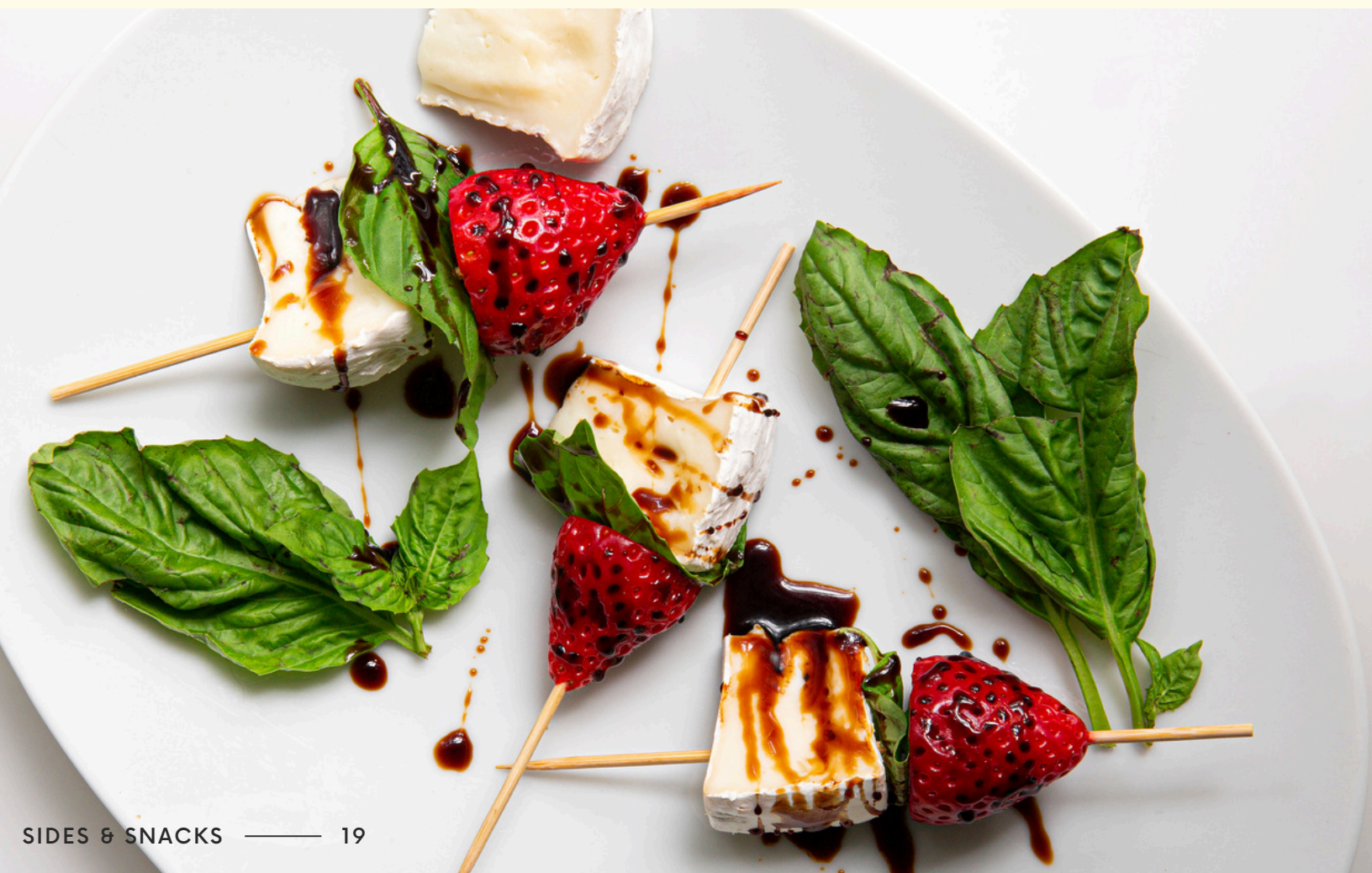
## Ingredients

- 12 small fresh strawberries, hulled
- 12 fresh basil leaves
- 4 ounces brie cheese, cut into 12 small ½ or 1-inch squares
- 2 teaspoons balsamic glaze
- 12 toothpicks

## Directions

- Thread a strawberry, basil leaf, and piece of cheese onto each of 12 toothpicks. (Can make ahead up to this point about 2 hours in advance.) Drizzle with balsamic glaze just before serving.

Makes 12









# Avocado-Pineapple Salsa "Boats"

## Ingredients

- ¼ cup finely chopped pineapple
- 2 tablespoons finely chopped red onions
- ¼ small jalapeño pepper, minced
- 1 tablespoon finely chopped fresh cilantro, plus more for garnish
- Olive oil
- 3 ripe, firm avocados
- Flaked sea salt
- Freshly ground black pepper

## Directions

- In a small bowl, combine pineapple, red onions, jalapeño, cilantro, and 2 teaspoons of olive oil; toss to coat and set aside.
- Halve the avocados and remove pits. Sprinkle avocado halves with salt and pepper and top generously with the pineapple salsa.
- Garnish with cilantro leaves and serve immediately.

Makes 6







spicy

# Coconut Shrimp

## Ingredients

- ½ cup tapioca starch/flour
- ½ teaspoon kosher or fine sea salt
- ¼ teaspoon freshly ground black pepper
- A large pinch of cayenne pepper, or to taste
- 1 large egg
- 1 heaping cup unsweetened shredded coconut
- 1 pound large shrimp, peeled and deveined, with tail attached
- Coconut oil, for frying

## Directions

- Start with three shallow bowls. Combine tapioca flour, salt, pepper, and cayenne in one; set aside. Beat the egg in the second bowl; set aside. Place the shredded coconut in the third bowl; set aside.
- Dip each shrimp into the flour mixture, then the egg, and then press into the shredded coconut.
- Add enough oil to cover the bottom of a large sauté pan and heat over medium-high heat. Fry the shrimp in batches until golden brown, about 3 - 4 minutes per batch.
- Serve immediately with your favorite sauce.

Serves 2 - 4







# Green Chile Corn Salsa

## Ingredients

- 4 cups fresh or frozen (defrosted) corn kernels
- 2 cans diced green chiles, drained
- ½ cup diced red onion
- ½ cup chopped cilantro
- Juice of 2 limes
- 1 teaspoon salt
- Tortilla chips, for serving

## Directions

- Heat a dry skillet over medium-high heat. Add the corn and cook, stirring occasionally until charred. Add to a mixing bowl.
- Stir in the chiles, onion, cilantro, lime, and salt.
- Serve with tortilla chips

Serves 4 - 6





# Cassava-Beet Powder Crackers

## Ingredients

- 1 cup cassava flour
- 3 tablespoons beet powder
- 1 tablespoon golden flax meal
- 1 teaspoon sugar, optional
- ½ teaspoon baking powder
- ¾ teaspoon kosher or fine sea salt
- 6 tablespoons extra-virgin olive oil or neutral flavored oil of choice, more to brush the tops
- 9 tablespoons hot water

## Directions

- Preheat the oven to 300°F.
- Put all the dry ingredients into a bowl and mix. Make a well. Pour in the oil and hot water.
- Using a spoon or your hands, mix everything until you have a soft dough. If it feels stiff, add a little more hot water. If it feels too moist, add a little more flour. It should feel like playdough.
- Lay a piece of parchment paper on the counter. Divide the dough in half.
- Roll the dough out until it is a tad thinner than for a pie crust. Use a sharp knife to cut the dough into the size crackers you want. Trim ragged edges. Do not remove from the paper.
- Using a fork, prick the tops.
- Place the parchment onto a baking sheet. Brush with olive oil. Sprinkle with additional coarse salt and bake 35 - 40 minutes. Repeat with remaining dough.
- The crackers will break into squares after baked. Store in an airtight container for up to 5 days or freeze.

Makes 40



A close-up, slightly blurred photograph of a chocolate-covered ice cream bar. The bar is coated in dark chocolate and topped with fresh strawberries and crushed nuts. It is set against a white background with scattered crumbs.

NO-BAKE

# *Desserts*







# lemon strawberry *Icebox Cakes*

## *Ingredients*

- 2 boxes gluten-free mini lemon cookies
- 1 pint strawberries
- 9 ounces dairy-free whipped topping or 1 ½ cups heavy cream, whipped

## *Directions*

- Grind the cookies in a food processor until fine crumbs. Dice the strawberries, saving 4 for garnish.
- Into 4 glasses or jars, start with a layer of cookie crumbs, topped with whipped topping or cream, and then some strawberries. Repeat the layers. Garnish with a dollop of whipped topping or cream, a strawberry, and some cookie crumbs.
- Cover and refrigerate overnight or up to 2 days ahead.

Serves 4



# plant-based *Cookie Dough Balls*

## *Ingredients*

- 1 ½ cups gluten-free oat flour
- ¼ cup dairy-free butter, melted
- ⅓ cup maple syrup
- 1–2 tablespoons plant-based milk
- 2 teaspoons vanilla extract
- Pinch of Kosher or fine sea salt
- ⅓ cup dairy-free chocolate chips

## *Directions*

- Mix all ingredients together in a large bowl. Place in the refrigerator and let chill for 30 minutes. Roll into balls and enjoy.

Makes 8 - 10 depending on size







# chocolate dipped *Strawberry Shortcake Bars*

## *Ingredients*

- 1 (14-ounce) can full fat coconut milk
- 2 teaspoons pure vanilla extract
- 1 teaspoon strawberry extract, optional
- 1 cup strawberries
- ½ cup gluten-free vanilla cookies
- ⅓ cup freeze-dried strawberries
- 1 (10-ounce) bag chocolate chips, melted

## *Directions*

- Combine coconut milk, vanilla, strawberry extract if using, and strawberries in a blender and blend until smooth. Pour into popsicle molds, insert sticks, and freeze for at least 6 hours.
- Place cookies and freeze-dried strawberries in a small food processor and pulse several times until the mixture is crumbly with some texture.
- Line a plate or sheet pan with parchment paper.
- Pour melted chocolate into a glass. Remove ice cream pops from their molds and dip them into the chocolate to coat. Coat with the cookie mixture, place on prepared plate and place back in the freezer for 30 minutes

Serves 6







individual

# No-Bake Vanilla Cheesecakes

## Ingredients

- ½ cup gluten-free graham cracker crumbs
- 3 tablespoons unsalted butter, melted
- ½ teaspoon plus 4 tablespoons sugar, divided
- 1 cup heavy cream
- 8 ounces cream cheese, at room temperature
- 1 tablespoon vanilla bean paste
  - For serving:
    - Berries
    - Mint
    - Powdered sugar

## Directions

- Combine cracker crumbs, melted butter, and ½ teaspoon sugar in a small bowl. Mix well. Divide between 4 small glasses or jars, press down. Refrigerate while making the filling.
- Beat heavy cream until stiff peaks form. Remove from mixing bowl.
- To same mixing bowl add cream cheese, 4 tablespoons sugar, and vanilla bean paste. Fold the whipped cream into the cheese mixture. Spoon filling over crusts and chill for 1 – 2 hours.
- Top with whipped cream, berries, and mint sprigs. Dust well with powdered sugar.

Serves 4



easy

# Vanilla Ice Cream

## Ingredients

- 2 cups heavy cream
- 2 cups milk
- $\frac{3}{4}$  cup maple syrup
- 2 teaspoons vanilla extract
- $\frac{1}{2}$  teaspoon fine sea salt

## Directions

- Whisk all ingredients together. Pour into ice cream maker, process per the manufacturer's instructions – approximately 25 minutes on ice cream mode.
- Store in the freezer a metal loaf pan, covered with plastic wrap (or other suitable, covered container) for up to one week.

Serves 6





A close-up, slightly blurred photograph of a tall glass filled with a bright red, frothy smoothie. A fresh lime wedge is perched on the rim of the glass, and a white straw with a green band is visible at the top. The background is softly out of focus, showing more lime wedges and a hint of a red bowl. The word "Sips" is written in a white, elegant cursive font across the center of the glass.

*Sips*





# watermelon *Slushies*

## *Ingredients*

- 4 cups cubed seedless watermelon
- 3 cups ice
- 2 tablespoons maple syrup
- 1 tablespoon fresh lime juice
- Mint sprigs, for garnish
- Lime slices, for garnish

## *Directions*

- Blend the watermelon, ice, maple syrup, and lime juice in a blender until smooth. Pour into 4 glasses.
- Garnish with mint and lime slices if desired. Serve immediately.

Serves 4





# Piña Colada

## Ingredients

- 12 ounces pineapple juice
- 3 ounces chocolate coconut liqueur
- 3 ounces cream of coconut
- 3 ounces rum
- 3 – 4 cups crushed ice
- Pineapple wedges, for garnish

## Directions

- Blend the pineapple juice, chocolate coconut liqueur, cream of coconut, rum, and ice in a blender until smooth. Divide between two glasses.
- Garnish with pineapple wedges.

Makes 2



# Apple Carrot Orange Juice

(without a juicer)

## Ingredients

- 2 carrots, scrubbed and chopped
- 1 apple, cored and chopped
- 1 orange, peeled and deseeded
- ½-inch piece fresh ginger
- 1½ cups filtered water

## Directions

- Put the carrots, apple, orange, ginger, and water into a blender and blend on high speed until fully smooth and blended.
- Line a fine mesh strainer with cheesecloth over a pitcher and pour the juice through. Pick up the cheesecloth and squeeze any liquid out into the pitcher.

Makes 2





# cherry blossom *Gin & Tonic*

## *Ingredients*

- 4 cocktail cherries, pitted and halved, plus more for garnish
- 2 lime wedges, divided
- 1 ounce cherry juice from jar of cherries
- 2 ounces gin
- Ice
- 4 ounces tonic water

## *Directions*

- Combine 4 cherries and 1 lime wedge in a mixing glass and muddle. Add cherry juice and gin.
- Pour into an ice-filled glass. Top off with tonic water and stir gently. Garnish with a cherry and lime wedge.

Makes 1





# shiso cucumber *Mint Mocktail*

## *Cucumber Vinegar*

- 1 cup rice vinegar
- ½ seedless cucumber, unpeeled and sliced
- Combine vinegar and cucumber in a small bowl and let sit at room temperature for 10 minutes. Strain, pour vinegar into a bottle and serve the cucumber slices as a snack if desired. Cucumber vinegar can be stored, covered, in the refrigerator for up to one week.

## *Shiso Simple Syrup*

- 6 large shiso leaves
- 1 cup sugar
- 1 cup water
- Wash and dry the shiso leaves. Stack on top of each other, roll up like a cigar, and slice thinly.
- Combine sugar and water in a small saucepan and bring to a boil, stirring to dissolve the sugar. Remove from the heat. Add the shiso leaves and let infuse for 4 hours. Strain the syrup into a glass bottle and store, covered, in the refrigerator for up to 2 weeks.

## *For Each Drink*

- 1 large or two small shiso leaves, plus one for garnish
- 8 mint leaves, plus more for garnish
- ½ ounce Shiso Simple Syrup
- 1 ounce cucumber vinegar
- ¼ ounce fresh lime juice
- 3 ounces cold sparkling water
- Put shiso and mint leaves in a cocktail strainer and muddle with the simple syrup. Add ice, cucumber vinegar, and lime juice and shake gently. Place a shiso leaf in a cocktail glass, fill with ice, pour in the mixture, and top with sparkling water. Garnish with mint leaves.

Makes 1 mocktail

SIPS — 40

