

WARM UP

1 Match these drinks with their definitions.

- 1 non-alcoholic cocktail
 - 2 smothie
 - 3 lassi
 - 4 milkshake
- a a cold drink made of milk, a sweet flavouring, and ice cream
- b a drink consisting of a mixture of ingredients such as fruit juice, lemonade, or cream
- c a thick, smooth drink of fresh fruit puréed with milk, yoghurt, or ice cream
- d a sweet or savoury Indian drink made from a yoghurt or buttermilk base with water

Alcohol-free cocktails, shakes, smoothies and lassis

THE PINK PICK-ME-UP COCKTAIL



INGREDIENTS

25 ml freshly squeezed pink grapefruit juice
 25 ml freshly squeezed cherry juice, sieved
 25 ml cranberry juice
 25 ml strawberry purée
 handful ice cubes
 strawberry to garnish

METHOD

Place all of the ingredients, except the strawberry, into a cocktail shaker and shake well.
 Strain the liquid into a Martini glass and garnish with half a strawberry.

BREAKFAST SMOOTHIE

INGREDIENTS

4 very ripe peaches or nectarines, sliced and stoned
 50 g frozen blueberries
 50 g strawberries
 4 baby bananas or 1 large banana, cut into chunks and frozen
 6 tbsp live organic Greek yoghurt
 6 Brazil nuts
 maple syrup to taste

METHOD

Place the peaches or nectarines into a juicer and extract the juice.
 Pour the juice into a blender with the remaining ingredients except the maple syrup and blend.
 Taste the smoothie for sweetness, adding a little maple syrup if necessary.
 Serve immediately in tall glasses.



MANGO LASSIE

INGREDIENTS

- 100 ml single cream
- 200 ml full-fat milk
- 400 ml natural unsweetened yoghurt
- 400 ml mango pulp
- 4 tsp caster sugar

METHOD

Blend the ingredients together and serve with ice.

COFFEE AND HAZELNUT MILKSHAKE

INGREDIENTS

- 50 ml double cream
- 50 ml condensed milk
- 100 ml whole milk
- 1 tbsp instant coffee
- 2 tbsp hazelnuts, chopped
- 50 g chocolate, melted
- handful ice.

METHOD

Place all the ingredients into a food processor with $\frac{1}{2}$ the ice and blend until smooth. To serve, transfer the mixture into a tall glass and add the remaining ice.

READING COMPREHENSION

2 Read the recipes and correct these sentences.

- 1 The cocktail is mixed in a food processor.
- 2 The cocktail contains crushed ice.
- 3 There is only fresh fruit in the smoothie.
- 4 The smoothie recipe adds sugar for sweetness.
- 5 The lassi contains half-fat milk, double cream and sweetened yoghurt.
- 6 The lassi is not served with ice.
- 7 The milkshake contains whole hazelnuts.
- 8 The milkshake is prepared in a cocktail shaker.

SPEAKING

3 Work in pairs and discuss which of the four types of drink you prefer and what you would do to improve them.

- A *I really like the lassi, because it has really unusual ingredients, but I would add different fruit.*
 B *I don't really like yoghurt, so I would remove it from the lassi and substitute it with...*

WRITING

4 Write your own recipes for: a non-alcoholic cocktail, a smoothie, a lassi, and a milkshake. When you finish, display them for the rest of the class to see and decide which you like best.