

Mojitos

Flavors of the Sun | March 2007



Fresh mint and lime are the keys to this traditional drink's refreshing flavor.

1/3–2/3 CUP SUGAR

6–10 MINT LEAVES

ICE CUBES

2 1/2 CUPS WHITE RUM

1 1/4 CUPS FRESH LIME JUICE (5 LARGE LIMES)

1 1/2 CUPS CLUB SODA OR LEMON-LIME CARBONATED BEVERAGE

SWEET VERMOUTH (OPTIONAL)

MINT SPRIGS

LIME WEDGES

In a small bowl combine sugar and mint leaves; crush leaves with the back of a wooden spoon. Remove bruised mint and rub on rim of ten 8-ounce glasses. Add ice to glasses; set aside.

In a pitcher combine the sugar, rum, and lime juice; stir until sugar is dissolved. Pour into glasses; add club soda or carbonated beverage to fill. If desired, add a splash of vermouth to each glass. Garnish with mint sprigs and lime wedges. Makes 10 servings.

Per serving: 161 cal., 0 g fat (0 g sat. fat), 0 mg chol., 11 mg sodium, 9 g carbo., 0 g fiber, 0 g pro.