

Rum Punch

A cool punch for a summer evening.

This recipe is ascribed to **Cuba**¹.

Ingredients

- 1 **FAIRTRADE** lime
- 240 ml **FAIRTRADE** rum
- 80 ml **FAIRTRADE** orange juice
- 80 ml **FAIRTRADE** tropical juice
- 5 ml **FAIRTRADE** raw cane sugar
- 5 ml grenadine
- 5 ml **FAIRTRADE** grated nutmeg

Method

Preparation

Juice the lime and discard the pith and skin.

Mix together all ingredients and ensure that the sugar is dissolved.

Assembly

Chill the mixture in the refrigerator.

To serve

Serve chilled in a glass jug, with chilled glasses filled with crushed ice.

Variations

A lemon can be used if no lime is available.

Substitute a little honey for the sugar for a flowery hint.

¹<http://www.fairtradecookbook.org.uk/countries/cuba.htm>