





FebFast Sangria



Method:

3/4 fill a jug with grape juice (sparkling or still)

Then add the following:

-  Juice of 3 oranges
-  1 x green apple finely diced
-  1 x orange finely diced
-  1 x cinnamon stick

—▶ *Top with soda water or ginger beer.*









Fe&Fast White Russian



Method:

Put in a blender:

-  150 ml milk (cow, almond, soy or coconut)
-  1 tsp instant coffee granules
-  1tsp cocoa powder
-  Small pinch ground or freshly grated nutmeg
-  1 tsp maple syrup, agave or honey
-  Handful ice

—▶ *Blend until smooth. Serve!*



