



The Cuzco Sour

Makes 4 drinks

This recipe was created by Kevin Areaga, mixologist at Sansara Resort in Cambutal, Panama (the home of my Brain Health Retreat). I've adapted it slightly to use monkfruit simple syrup and elderberry tea.

2 cups brewed and chilled elderberry tea or another berry tea, such as blueberry hibiscus (see Note)

¼ cup fresh lemon juice

¼ cup cinnamon simple syrup (made with monkfruit sweetener, recipe follows)

½ cup aquafaba (bean liquid from canned or cooked chickpeas)

Lemon slices or fresh bay leaves

Combine tea, lemon juice, simple syrup, and aquafaba in a large cocktail shaker or quart-sized Mason jar. Make sure the lid is screwed on tightly and vigorously shake. Divide between 4 ice-filled rocks glasses, spooning the foam evenly otop. Garnish with fresh bay leaves or lemon slices.

Cinnamon Simple Syrup

½ cup water

¼ cup monkfruit sweetener

2 cinnamon sticks or 2 tablespoons mulling spices

Warm ½ cup water and the monk fruit sweetener in a small saucepan over medium-low heat, stirring often until dissolved. Do not let it come to a boil. Add the cinnamon, cover, and steep for 15 minutes. Strain into a glass jar and let cool at room temperature. (You'll have more simple syrup than needed for one batch of drinks.)

Note: For the tea, pour 2 cups boiling water over 2 tea bags. Steep for 10 minutes. Remove the tea bags and chill.