

Sugar Free Mint Julep

Ingredients:

½ **teaspoon** of monk fruit sweetener
1 **teaspoon** water
6 **mint** leaves
3 **ounces** of bourbon
crushed ice

- › Clap the mint leaves in your hand twice to bruise them, and then wipe the inside of your glass with the bruised leaves and leave them in your glass. (If you choose to muddle the leaves in the glass instead, be careful you don't over bruise the leaves

or you'll get a bitter taste to your drink!)

- › Dissolve the monk fruit sweetener (to taste) with the teaspoon of water in the same glass with leaves, and fill glass with crushed ice.
- › The glass should start to frost on the outside shortly after you add the ice. Pour the bourbon over the crushed ice, and garnish with a sprig of mint.

Bourbon tip: Use at least 100 proof bourbon because it will get diluted from ice melting.

Crushed ice: Everyone should have a bag of Sonic ice in their freezer for times like these.