



IF YOU ONLY DO ONE THING
THIS MONTH...

MIX UP A HEALTHY HANGOVER CURE

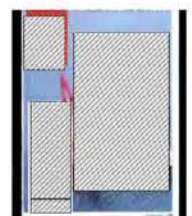
Woken up feeling the worse for wear? When a hair of the dog is not an option, and the season calls for something far more fabulous than an Alka-Seltzer, grab your cocktail shaker and head to the kitchen. This alcohol-free restorative cocktail comes courtesy of Joe McCanta, sommelier and mixologist at chic organic raw food restaurant Saf.

Combine 25ml cooled fennel tea, 50ml orange juice and 10ml Agave Nectar (£14.95 for 50ml, detoxyourworld.com ✉) in a cocktail shaker, add a pinch each of cardamom and cinnamon, and shake well.

'Fennel tea can ease upset stomachs and has pain-reducing properties,' explains McCanta. 'Cardamom also helps digestion; agave gently raises blood-sugar levels, which may be in free fall after too much booze the night before; while cinnamon works

to stabilise blood-sugar levels.'

Serve your curative cocktail over ice, then sit back, sip slowly and try not to think about the night before. ■



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