Mint and strawberry lemonade

For the syrup which you can make the day before:

1 cup sugar
2 cups water
1 tbs lemon zest
20 strawberry mint leaves - roughly chopped

- Warm the sugar and water stirring until it just dissolves to make a syrup.
- Add the mint leaves and zest and remove quickly from the heat.
- Cool and pour into a jar or covered jug and leave to infuse overnight in the fridge.
- Strain before using, this syrup will keep for several days in the fridge.

For the lemonade:

500g strawberries
4 large lemons
3 cups chilled sparkling water

- Purée the strawberries and sieve out the seeds.
- Squeeze the lemons and add the juice to the strawberry purée.
- Put the fruit juice into a tall glass jug and stir in the mint syrup you prepared earlier.
- Top up with the sparkling water bit by bit to get the strength of flavour you prefer.
- Serve over ice with extra mint sprigs to garnish.