

# Bourbon Smash

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*3/4 ounce simple syrup*  
*8 fresh mint leaves*  
*3 wedges lemon*  
*2 ounces bourbon*  
*sprig mint (for garnish)*

Place the simple syrup, mint leaves and lemon wedges into a cocktail shaker. Muddle them until the lemons are broken down.

Add the bourbon and fill the shaker with ice. Using a long cocktail spoon, stir vigorously until very cold.

Fill a rocks glass with ice, Use a fine strainer to strain the drink into the glass.

Place the mint sprig in the palm of one hand and gently smack it with the fingers of your other hand (this releases the oils and fragrance).

Garnish the drink with a mint sprig.

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Per Serving (excluding unknown items): 204 Calories; 1g Fat (4.0% calories from fat); 2g Protein; 26g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Vegetable; 1 Fruit; 1/2 Other Carbohydrates.