

# Orange-Mint Rum Fizz

Food Network Magazine - April 2020

8 large mint leaves  
1 egg white  
2 ounces gold rum  
1 ounce frozen orange juice concentrate, thawed  
1/2 ounce lime juice  
1/2 ounce simple syrup  
1/2 ounce heavy cream  
seltzer  
orange slice (for garnish)

In a cocktail shaker, muddle the mint leaves.

Add the egg white, rum, orange juice concentrate, lime juice, simple syrup and heavy cream.

Shake for 30 seconds.

Add ice. Shake for 30 more seconds.

Strain into a glass. Top with seltzer.

Garnish with an orange slice.

*When you separate the eggs, make sure none of the yolk lands in the white.*

*Start off with a vigorous "dry shake" (without ice) to emulsify the whites with the other ingredients.*

*Finish with a traditional "wet shake" (with ice) to chill the cocktail.*

---

Per Serving (excluding unknown items): 131 Calories; 5g Fat (35.7% calories from fat); 5g Protein; 17g Carbohydrate; trace Dietary Fiber; 19mg Cholesterol; 61mg Sodium. Exchanges: 1/2 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.