



Apple Spritz

The Apple Spritz has an intriguing story rooted in the Alpine regions, particularly in areas like South Tyrol in northern Italy, where apples are a prominent agricultural product. The drink reflects the region's strong connection to its natural produce, offering a refreshing twist with locally sourced apples.

As an après-ski beverage, the Apple Spritz has become popular in the Alps, where its light, crisp flavors are perfect for winding down after outdoor activities. The combination of sparkling wine (often Prosecco) and apple juice or cider is a natural pairing, drawing on the region's agricultural heritage. This drink showcases the area's ability to blend tradition with contemporary trends, offering a modern take on Alpine refreshment.

The Apple Spritz also ties into a broader movement in European cocktail culture, where fruit-based, lower-alcohol beverages are becoming increasingly popular. The simplicity of the Apple Spritz—a few ingredients with regional roots—makes it both a reflection of local craftsmanship and a versatile drink that suits a variety of occasions.

Recipe— Apple Spritz

Makes two (2) servings

Ingredients

100 ml / 3.4 fl oz / 1/3 cup

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50 ml / 1.7 fl oz / 3 Tbsp + 1 tsp

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as needed

optional garnish

apple juice (preferably freshly pressed) or cider

Prosecco (or other sparkling white wine)

Aperol (or an orange liqueur such as Campari)

soda water

ice cubes

apple slices

Method

- [1] Fill two glasses with ice cubes
- [2] Pour the apple juice, Aperol, and Prosecco into each glass— gently stir to combine
- [3] Add the soda water to each glass to give it a light fizz
- [4] Spoon the freshly whipped cream on top of each serving
- [5] Garnish with a few slices of fresh apple

Tips & Tricks

- For a sweeter touch, you can add a splash of elderflower syrup or a few drops of lime juice.
- Make it Alcohol-Free by substituting the Prosecco with sparkling apple juice or a non-alcoholic sparkling wine & omitting the Aperol for a refreshing mocktail version.