



Fox Grape Juice

1 flat of grapes makes about 1.5 litres

- Concord or similar grapes
- agave nectar or organic sugar
- juice of a lemon

Remove the grapes from the stem, then rinse and drain well in a big colander.

Place them in a large, heavy-bottomed pot over low heat and mash them with an immersion blender or potato masher to release the juice. Continue cooking over low heat for about 20 minutes. Cool slightly and then pass through a fine mesh strainer, pushing hard on the solids to extract as much juice as possible.

Stir in agave nectar or organic sugar to taste; add the juice of a lemon to balance acidity, as needed. Bottle and store in fridge. Drink within one week.