



A Recipe for...

Prebiotic Spritz



... our cocktails are alcohol-free!

Preparation time: 5 min

Ingredients (for 5 drinks):

- 100 mL smooth orange juice
- 100 mL cranberry juice
- 80 mL sparkling elderflower drink
- ice

- Mix together orange juice and cranberry juice in a large jug.
- Slowly pour in the sparkling elderflower drink, as it will fizz up.
- Add ice and serve in tall glasses with ice.

What is... an amino acid?



In **our cells**, amino acids can be acquired from food or built from other nutrients through metabolism. Then, they are used to make proteins encoded in our DNA.

On **early Earth**, amino acids could have formed from hydrogen cyanide, water and ammonia, exploiting sunlight as the energy source.

Find out more:



<https://mrc.io/recipe4life>

