



Tastes good. Good for you.

# The Juice



## WIN

Ocean Spray is giving you the chance to win a fabulous gourmet experience in Melbourne, staying at the Langham Hotel. You and 5 friends could win an exclusive cooking class with celebrity chef and Ocean Spray ambassador Pete Evans, a 3 course dinner and Ocean Spray cocktails at Pete Evans' restaurant 'The Pantry' in Brighton, and an Ocean Spray balloon ride. The first 50 to enter will win a beautiful Ocean Spray recipe notebook with all of Pete's recipes.

[Click here to enter.](#)

(For Australian residents only)

Shana Lamont from South Australia won the last Pete Evans cooking class and took her family to Sydney for a fabulous weekend away. "Thanks so much Ocean Spray for our fantastic trip. We all enjoyed ourselves so much! Pete was such a nice guy, and we were treated so well at his restaurant," she said.



## Enjoy



### Perch with Fennel Ruby Red Grapefruit Dressing

Pete Evans has combined our delicious Ruby Red Grapefruit fruit drink and a few simple ingredients to create a tangy and slightly sweet dressing for grilled perch fillets. The result is a light, healthy and tasty meal! [For the full recipe click here.](#)

## Did you know?



Ocean Spray doesn't only specialise in cranberries, it also produces a Ruby Red Grapefruit fruit drink, which uses the juice from the naturally sweeter Ruby Red Grapefruit to create a light, sweet and refreshing taste. You won't believe you are drinking grapefruit!