For a refreshing summer drink idea, try this sweet strawberry cooler recipe using seasonal berries, fragrant thyme and zesty lemon. Make a quick strawberry and thyme syrup, add to an ice-filled pitcher with lemon juice and top up with sparkling water. Perfect as part of a barbecue or picnic spread, or simply as a treat on a sunny afternoon.

Put 300g strawberries in a pan with the sugar, half the thyme, the pared lemon and 150ml water. Bring to the boil, then simmer for 10 mins, stirring, until the liquid is red and the strawberries look pale and mushy. Strain into a jug and leave to drain for a few mins. You’ll have about 250ml. Discard the berries, cool, then cover and chill for at least 1 hr.

Put the ice in a pitcher. Add the remaining strawberries and thyme, the lemon juice and cooled syrup. Mix, then top up with sparkling water to serve.

Tip: Only wash strawberries when ready to serve or they’ll go mushy.

Ingredients:

- 400g Tesco Finest strawberries, hulled and halved or quartered
- 125g caster sugar
- 15g fresh thyme
- 2 lemons, pared and juiced
- a few handfuls of ice
- 750ml sparkling water