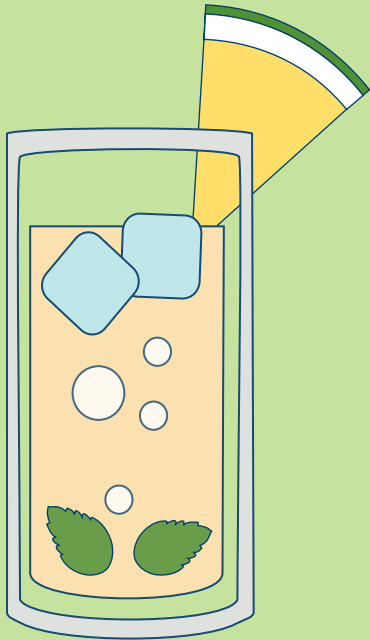


Watermelon Wellness Mocktail

A combination of refreshing watermelon mint is sure to keep you cool, no matter the weather!



INGREDIENTS (2 drinks)

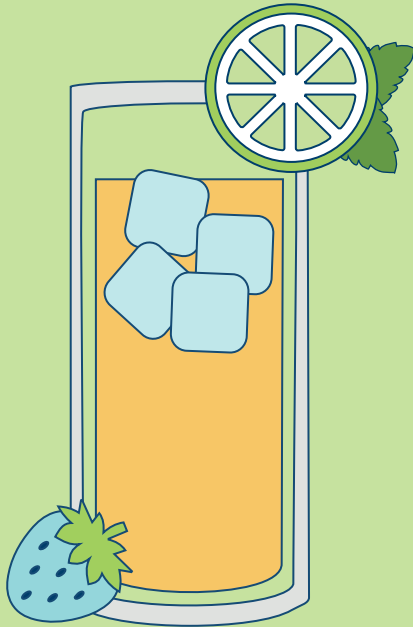
- 2 cups diced watermelon
- 10 mint leaves
- 1 oz lime juice
- 2 cups sparkling water
- Blender

DIRECTIONS

- 1. Blend watermelon, mint and lime juice until combined.**
- 2. Pour over ice and top with sparkling water and stir gently—to keep the drink fizzy!**

Stress Less Strawberry Mocktail

Try adding a squeeze of lime juice right before serving to add a little tang!



INGREDIENTS (4 drinks)

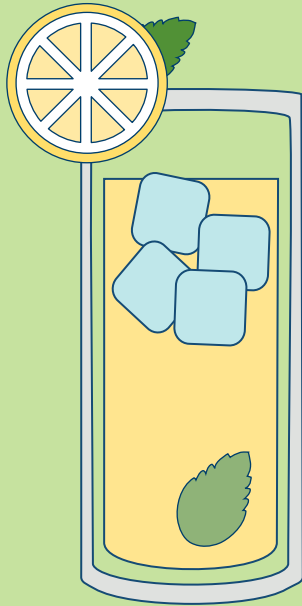
- 2 cups strawberries, sliced
- 1/2 cup sugar, monkfruit sweetener, or honey
- 4 cups water
- 1 lime, sliced for garnish
- Few sprigs of mint for garnish
- Blender

DIRECTIONS

1. **Mix sliced strawberries, sweetener and 1 cup of water together in a medium bowl. Cover and leave in the fridge for 4 hours.**
2. **Stir well, then pour the strawberry mixture into a blender and blend on high until smooth.**
3. **Strain through a wire mesh strainer over a jug or bowl. Add the remaining water and stir to combine.**
4. **Chill in the fridge until ready to serve or serve immediately over ice. Garnish with lime wheels and mint.**

Lemon Liberation Mocktail

The mix of ice cold lemon, coconut water and mint is sure to leave you feeling cool all summer long.



INGREDIENTS (1 drink)

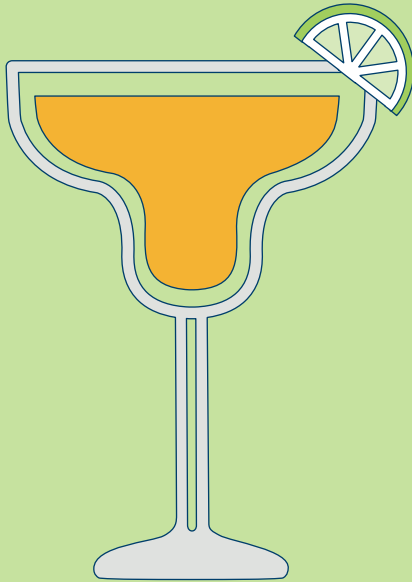
- 1 tablespoon lemon juice
- 2 lemon rounds
- 1 teaspoon honey (optional)
- 6-8 fresh mint leaves
- ½ cup coconut water
- ½ cup soda water

DIRECTIONS

1. **Muddle lemon, mint and honey (if you are using a sweetened coconut water instead, you may not need the extra sweetness) in a glass.**
2. **Add lots of ice, then top with coconut water and soda water.**
3. **Stir gently, as to keep as much fizz as possible, garnish with a lemon round and a mint sprig/leaf and serve!**

Mango State of Mind Mocktail

Because who wouldn't want to be sipping on a tropical frozen dream?



INGREDIENTS (4 drinks)

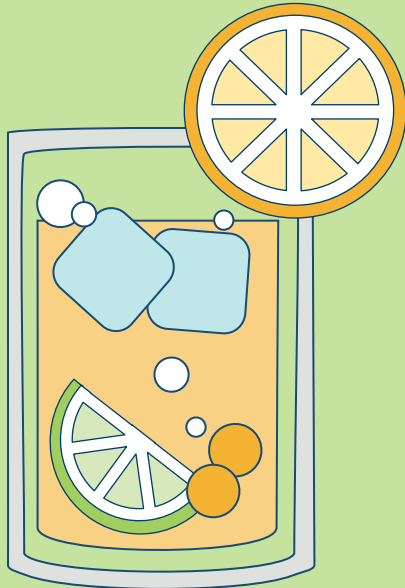
- 2 cups frozen mango
- 3 cups coconut water
- Juice of 4 limes
- Lime wedges (for garnish)
- Salt rimmed glass
- Blender

DIRECTIONS

1. **Blend coconut water, frozen mango, and lime juice in a high-speed blender.**
2. **Garnish with lime wedge and serve in a salt rimmed glass immediately!**

The Bright Mocktail

This fizzy fruit punch mocktail is sure to make you light up.



INGREDIENTS (6 drinks)

- 3 cups orange juice
- 3 cups cranberry juice
- 1 cup lemon juice
- 3 cups ginger ale
- 1-2 cups pineapple juice (optional)
- Orange sliced, lemon sliced, and frozen cranberries, to garnish

DIRECTIONS

1. **Add orange, cranberry, pineapple and lemon juice to a large bowl or pitcher. Stir well.**
2. **Just before you're ready to serve, add ginger ale and stir gently. This will keep the fizz fresh!**
3. **Add ice and/or frozen cranberries.**
4. **Garnish with fruit and mint.**