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mocktail guide

**Enjoy delicious mocktails using
fresh, nourishing ingredients!**

Why Mocktails?

Mocktails are hydrating, non-addictive, inexpensive, and boast more nutrients than alcoholic drinks. They also won't impact decision making or sleep.

Alcoholic drinks are also dehydrating. Not only do you NOT receive the hydration that you would from a non-alcoholic drink, but you actually add to your body's hydration debt as it has to process the alcohol that you are consuming.

With my mocktail guide, you don't miss out on delicious & refreshing drinks that use fresh, nourishing ingredients to align with your health goals. Use this guide to create mocktails for your gatherings or as a resource when you're out.



agua fresca

SERVINGS: 6-8 TIME: 15 minutes



INGREDIENTS

- 1 lb. fresh fruit, hulled, rind, seeds and pits discarded (try strawberries, mango, watermelon, cantaloupe, pineapple, or honeydew)
- 1 to 4 cups water
- 2 to 4 tbsp fresh lime juice
- Stevia to taste

DIRECTIONS

1. In a blender, puree fruit with 1 cup water and 2 tablespoons lime juice until completely smooth.
2. Pour mixture through a strainer set over a large measuring cup or bowl. Use a spoon to help mix so it continues to strain, pressing gently on pulpy solids to get all of the fruit juice out.
3. Transfer mixture to a pitcher and add 2 cups remaining water, skimming and discarding any foam that rises to top. Add more water if the mixture seems thick and adjust with stevia and lime juice as desired. Serve over ice.



NUTRITION

Amount per serving

Calories 20	Contains:
Fat 0g	Calcium
Carbs 4g	Potassium
Fiber 0g	Vitamin C
Sugar 5g	Folate
Protein 0g	Magnesium
Cholesterol 0g	Manganese
Sodium 0g	Phosphorus

blackberry smash

SERVINGS: 6-8 TIME: 15 minutes

INGREDIENTS

- 3 cups Blackberries
- 6 tbsp Water
- 6 tbsp Maple Syrup
- 6 tsp Lime Juice
- 1/2 cup Mint Leaves (plus extra for garnish)
- 5 Ice Cubes (per glass)
- 3 cups Sparkling Water



DIRECTIONS

1. In a shaker glass, muddle the blackberries with the water, maple syrup, lime juice, and mint, until smashed.
2. Remove the mint.
3. Place the ice cubes in a glass.
4. Pour the blackberry mixture into the glass
5. Top with sparkling water. Garnish with mint. Enjoy!

NUTRITION

Amount per serving

Calories 86	Contains:
Fat 0g	Calcium
Carbs 21g	Vitamin C
Fiber 4g	Vitamin D
Sugar 16g	Zinc
Protein 1g	Magnesium
Cholesterol 0g	
Sodium 5g	

orange cranberry mimosa

SERVINGS: 6-8 TIME: 15 minutes

INGREDIENTS

- 1/2 c. fresh-squeeze orange juice, plus orange pieces for serving (about 2 oranges total)
- 1/2 c. fresh cranberry juice
- 3 c. seltzer or sparkling wine
- Fresh cranberries, for serving
- Shaved Orange Peel for serving



DIRECTIONS

1. Combine the orange and cranberry juices and refrigerate up to 2 days.
2. To serve, divide among glasses, then top with the seltzer or sparkling wine, if using (about 6 tablespoons per glass).
3. Serve with orange pieces and cranberries, if desired.
4. Enjoy!

NUTRITION

Amount per serving

Calories 74	Contains:
Fat. 0g	Calcium
Carbs 5g	Vitamin C
Fiber 0g	Vitamin E
Sugar 5g	Vitamin K
Protein 0g	Manganese
Cholesterol 0g	Vitamin A
Sodium 6g	Potassium

classic virgin sangria

SERVINGS: 6-8 TIME: 15 minutes

INGREDIENTS

- 6 tsp Maple Syrup
- 2 Lemons (juiced, plus slices for garnish)
- 2 cups Frozen Berries
- 4 Ice Cubes (per glass)
- 3 cups Cranberry Juice
- 1 cup Soda Water

DIRECTIONS

1. Add all of the ingredients into a glass pitcher and stir to combine.
2. Garnish with lemon or lime slices, or fresh mint, if using.
3. Enjoy!



NUTRITION

Amount per serving

Calories 84	Contains:
Fat 0g	Calcium
Carbs 22g	Vitamin C
Fiber 1g	Vitamin E
Sugar 19g	Vitamin K
Protein 1g	Manganese
Cholesterol 0g	Vitamin A
Sodium 6g	Potassium

triple berry sparklers

SERVINGS: 6-8 TIME: 15 minutes

INGREDIENTS

FOR THE BERRY ICE CUBES:

- 1 1/4 cup coconut water
- 1/3 cup blueberries
- 1/3 cup raspberries
- 1/3 cup chopped strawberries

FOR THE DRINK:

- 2 Tbsp. honey
- 2 Tbsp. freshly squeezed lime juice
- 2 Tbsp. freshly squeezed lemon juice
- 3 (12-oz.) cans seltzer water

DIRECTIONS

1. Make berry ice cubes: Place blueberries, raspberries, and strawberries in ice tray, then fill with coconut water. Freeze until frozen solid, about 4 hours.
2. Make drink: In a pitcher or large measuring cup, combine honey with lime and lemon juices. Stir until honey is completely dissolved. Add seltzer and stir gently to combine.
3. Fill serving glasses with ice, then fill with lemon lime mixture.



NUTRITION

Amount per serving

Calories 50	Contains:
Fat 0g	Calcium
Carbs 20g	Vitamin C
Fiber 5g	Vitamin E
Sugar 19g	Vitamin K
Protein 1g	Magnesium
Cholesterol 0g	Vitamin A
Sodium 6g	Potassium

pomegranate lime refresher

SERVINGS: 6-8 TIME: 15 minutes

INGREDIENTS

- 3 cups Water
- 2 cups Sparkling Water
- 1/2 cup Lime Juice
- 1/2 cup Monk Fruit Sweetener
- 1/2 cup Pomegranate Seeds
- Thyme Sprigs (for garnish, optional)
- 5 Ice Cubes per glass



DIRECTIONS

1. Combine the water, sparkling water, lime juice, monk fruit sweetener and pomegranate seeds in a glass.
2. Stir to combine.
3. Add ice if you wish and garnish with a sprig of thyme.
4. Enjoy!

NUTRITION

Amount per serving

Calories 15	Contains:
Fat 0g	Calcium
Carbs 21g	Vitamin C
Fiber 1g	Vitamin E
Sugar 11g	Vitamin K
Protein 0g	Magnesium
Cholesterol 0g	Zinc
Sodium 5g	Potassium

virgin grapefruit margarita

SERVINGS: 6-8 TIME: 15 minutes

INGREDIENTS

- 3 Grapefruits (large, juiced)
- 6 Limes (juiced)
- 3 tbsp. Maple Syrup
- 1 tbsp Sea Salt (for garnish around the rim)
- 5 Ice Cubes per glass
- Soda Water (to taste)

DIRECTIONS

1. Combine the grapefruit juice, lime juice, and maple syrup in a bowl or large measuring cup.
2. Place the salt on a plate. Wet the rim of a glass with some water then dip the glass in the salt. Repeat with the remaining glasses. Discard excess salt.
3. Place the ice cubes in a glass. Pour the grapefruit mixture over the ice and top with the soda water.
4. Carefully stir and enjoy!



NUTRITION

Amount per serving

Calories 78	Contains:
Fat 0g	Calcium
Carbs 21g	Vitamin C
Fiber 2g	Vitamin E
Sugar 16g	Vitamin K
Protein 1g	Magnesium
Cholesterol 0g	Zinc
Sodium 5g	Potassium

virgin raspberry mojito

SERVINGS: 6-8 TIME: 15 minutes

INGREDIENTS

- 1/2 cup Raspberries
- 2 cup2 Water
- 1/2 cup Maple Syrup
- 1/2 cup Mint Leaves
- 3 Limes (sliced into wedges)
- 4 Ice Cubes (per glass)
- Sparkling Water (to taste)

DIRECTIONS

1. In a small saucepan over medium heat, add the raspberries, water and maple syrup. Cook until thick, about 5 minutes. Use an immersion blender or add the mixture to your blender to puree until smooth. Chill in fridge at least 10 minutes.
2. Place the mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together. Add raspberry puree, ice cubes and sparkling water to the glass. Stir to combine and garnish with remaining lime wedge.
3. Sprinkle a pinch of sea salt if desired.
Enjoy!



NUTRITION

Amount per serving

Calories 120	Contains:
Fat 0g	Calcium
Carbs 51g	Vitamin C
Fiber 1g	Vitamin E
Sugar 25g	Vitamin K
Protein 0g	Magnesium
Cholesterol 0g	Zinc
Sodium 8g	Potassium



cheers friends

I'm so glad that you downloaded this guide and I hope that these mocktail recipes were exactly what you needed!

If you're interested in learning more tips & tricks to get healthy, eat nutritiously and fuel your body at every age - I'd like to invite you to join my next 6-week round of the FASTER Way.

[CLICK HERE TO JOIN](#)

xo, holly