

8 BEST HEALTHY MOCKTAILS



HEALTHY MOJITO

1 lime cut in wedges
20 fresh mint leaves
6 oz soda water
crushed ice



HEALTHY STRAWBERRY

1 cup sliced fresh strawberries
juice of half a lime
3-4 tablespoons honey
4 cups perrier water
ice cubes



GUT HEALTHY MIXED BERRY

$\frac{1}{2}$ cup mint leaves
2 oz lemon juice
2 oz lime juice
3 tablespoons raw honey
 $\frac{3}{4}$ cup blueberries
 $\frac{3}{4}$ cup strawberries
16 oz coconut water
16 oz club soda



GRAPEFRUIT PALOMA

2 oz grapefruit juice
1 oz fresh lime juice
 $\frac{1}{2}$ oz - 1 oz maple syrup
sparkling water
ice
sliced limes and grapefruit



WATERMELON MOCKTAIL

1 cup diced watermelon
1 oz lime juice
10 mint leaves
4 oz soda water or kombucha
apple cider vinegar



STRAWBERRY POMEGRANATE

3 cups strawberries
1 cup pomegranate arils
1 tablespoon lemon juice
2 tbsps agave syrup
ginger beer



ORANGE MOCKTAIL

3 oz orange juice
1 oz lemon juice
8 mint leaves
1 teaspoon apple cider vinegar
 $\frac{1}{2}$ cup ginger ale
1 oz simple syrup



BLUEBERRY LIME MOCKTAIL

1 cup fresh blueberries
 $\frac{1}{4}$ cup lime juice
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup packed mint leaves
 $\frac{1}{2}$ cup lime seltzer
2 lime slices
Ice

Mocktail Drink Recipe

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