

# 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

# Healthy Recipe Drink

**Roman Wölfel**



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