



## Summer Mocktail Collection

Created by Eating Healthy 4 Life, LLC



# Blackberry Smash Mocktail

7 ingredients · 10 minutes · 2 servings



## Directions

1. In a shaker glass, muddle the blackberries with the water, maple syrup, lime juice, and mint, until smashed. Remove the mint.
2. Divide the ice cubes evenly between glasses.
3. Pour the blackberry mixture into the glasses and top with sparkling water. Garnish with mint. Enjoy!

## Notes

### Leftovers

Best enjoyed immediately but can be refrigerated for up to three days.

### Less Texture

Strain the blackberry mixture before pouring.

### More Flavor

Use a flavored sparkling water.

## Ingredients

- 1 cup Blackberries
- 2 tbsps Water
- 2 tbsps Maple Syrup
- 2 tsps Lime Juice
- 1/4 cup Mint Leaves (plus extra for garnish)
- 10 Ice Cubes
- 1 cup Sparkling Water

# Cantaloupe Agua Fresca

4 ingredients · 5 minutes · 2 servings



## Directions

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1. Combine all of the ingredients into a blender and blend until smooth. Pour into glasses and enjoy!

## Notes

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### Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### More Flavor

Add mint.

### Serving Option

Serve with the ice if desired.

## Ingredients

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**1/2** Cantaloupe (medium, peeled, deseeded, and chopped)

**1** Lime (medium, juiced)

**1/4 cup** Water

**1 tbsp** Maple Syrup



# Cranberry Orange Mocktail

7 ingredients · 5 minutes · 2 servings



## Directions

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1. Divide the ice cubes, cranberry juice, orange juice, and maple syrup into glasses. Stir to combine. Top each with sparkling water and cranberries. Garnish with orange slices. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the cranberries and ice.

### More Flavor

Add cinnamon sticks when ready to serve.

### No Frozen Cranberries

Use fresh cranberries.

## Ingredients

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- 4 Ice Cubes (large)
- 4 fl ozs Cranberry Juice
- 1/4 cup Orange Juice (freshly squeezed)
- 2 tsps Maple Syrup
- 1 cup Sparkling Water
- 1/2 cup Frozen Cranberries
- 1/4 Navel Orange (cut into wedges)

# Strawberry Basil Agua Fresca

6 ingredients · 5 minutes · 2 servings



## Directions

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1. Add the strawberries, water, lime juice, maple syrup, and basil to a blender and blend until smooth.
2. Divide the ice cubes into cups. Pour the blended beverage into cups and enjoy!

## Notes

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### Leftovers

Refrigerate in a glass bottle or pitcher for up to three days.

### No Maple Syrup

Use raw honey or coconut sugar.

### Make it Sparkling

Use some sparkling water to top off your agua fresca.

### Make it Smoother

Strain before serving.

## Ingredients

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**2 cups** Strawberries (stems removed, plus more for garnish)

**2 cups** Water

**1** Lime (juiced)

**1 tbsp** Maple Syrup

**2 tbsps** Basil Leaves

**12** Ice Cubes

# Strawberry Mint Iced Tea

6 ingredients · 10 minutes · 1 serving



## Directions

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1. Muddle the strawberries, sugar, and mint in a glass. Add the lemon juice and stir well.
2. Top with brewed tea and ice cubes. Garnish with mint leaves if using and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight jar or pitcher for up to two days. Stir before serving.

### Serving Size

One serving is equal to approximately 1 1/3 cups.

### More Flavor

Add vanilla.

### No Cane Sugar

Use honey or maple syrup instead.

## Ingredients

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**1/2 cup** Strawberries

**1 tbsp** Cane Sugar

**1 tbsp** Mint Leaves (plus extra for optional garnish)

**1 tbsp** Lemon Juice

**2/3 cup** Earl Grey Tea (brewed, cold)

**5** Ice Cubes

# Blended Salty Watermelon Mocktail

4 ingredients · 3 minutes · 1 serving



## Directions

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1. Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Additional Benefits

Add a scoop of collagen powder.

## Ingredients

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**1/2 cup** Coconut Water

**1/4** Seedless Watermelon (small, chopped)

**2 tbsps** Lime Juice

**1/16 tsp** Sea Salt



# Ginger Orange Iced Tea

7 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all the ingredients except for ice cubes and orange slice(s) to a cocktail shaker. Shake well for one minute or until everything is mixed together.
2. Place the orange slice(s) in a glass if using. Add ice and pour the mixture into the glass. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight jar or pitcher for up to two days.

### Serving Size

One serving is equal to approximately 1 1/3 cups.

### More Flavor

Add mint.

### No Honey

Use maple syrup instead.

### No Cocktail Shaker

Mix everything well together in a glass instead. Make multiple servings at once and store in a pitcher. Pour over ice once ready to enjoy.

## Ingredients

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**2/3 cup** Earl Grey Tea (brewed, cold)

**1/4 cup** Orange Juice

**1 tbsp** Lemon Juice

**1 tbsp** Honey

**1 1/2 tps** Ginger (fresh, minced)

**5** Ice Cubes

**1/8** Navel Orange (thinly sliced, for garnish)



# Strawberry & Watermelon Drink

4 ingredients · 5 minutes · 2 servings



## Directions

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1. Combine all ingredients into a blender and blend until smooth. Serve into glasses and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately. Refrigerate in an airtight jar for up to two days. Blend again before serving.

### Serving Size

One serving equals approximately 1 1/2 cups.

### More Flavor

Add protein powder for a protein boost.

## Ingredients

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**1/4** Seedless Watermelon (medium, diced into cubes)

**1 cup** Frozen Strawberries

**1 cup** Coconut Water

**2 tbsps** Mint Leaves (plus extra for garnish)

# Cucumber & Lime Chia Fresca

6 ingredients · 5 minutes · 2 servings



## Directions

1. Blend the cucumber, water, lime juice, and maple syrup in a blender until smooth.
2. Pour the mixture into a pitcher. Optional: use a fine mesh strainer to strain the mixture. Stir in the chia seeds and allow them to sit for 10 minutes.
3. Add ice to glasses and pour the chia fresca over top. Enjoy!

## Notes

### Leftovers

Best served immediately. Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### More Flavor

Add chopped mint.

## Ingredients

**1/2** Cucumber (chopped)

**3 cups** Water

**2 tbsps** Lime Juice

**1 tbsp** Maple Syrup

**1 tbsp** Chia Seeds

**8** Ice Cubes

# Ginger Iced Tea

4 ingredients · 30 minutes · 1 serving



## Directions

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1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about five to 10 minutes, or to your desired strength.
2. Remove from heat and stir in the honey and lemon juice. Let cool before serving with ice. Enjoy!

## Notes

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### Leftovers

Refrigerate for up to three days.

### No Honey

Use maple syrup, stevia, agave, or your sweetener of choice.

## Ingredients

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- 1 1/4 cups Water
- 1 1/2 tbsps Ginger (peeled, sliced)
- 1 tsp Raw Honey (to taste)
- 1/4 Lemon (small, juiced, to taste)

# Ginger Lemonade with Aloe

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all ingredients to a mason jar and shake vigorously.
2. Strain into a glass with ice. Serve immediately and enjoy.

## Notes

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### Garnish

Serve with lemon slices and fresh ginger.

### No Maple Syrup

Use honey or a few drops of stevia to taste instead.

### Cut the Sweetness

Add a pinch of sea salt.

### No Aloe Juice

Substitute with an extra tablespoon of lemon juice.

## Ingredients

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**1 fl oz** Pure Aloe Juice

**2 tbsps** Lemon Juice (freshly squeezed)

**1 tbsp** Maple Syrup

**1 tsp** Ginger (peeled and finely grated)

**1 cup** Water



# Mint & Lime Iced Tea

5 ingredients · 25 minutes · 1 serving



## Directions

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1. Steep the mint leaves in the hot water for three to five minutes. Stir in the lime juice and honey, if using.
2. Let cool before serving with ice. Enjoy!

## Notes

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### Leftovers

Refrigerate for up to three days.

### No Honey

Use maple syrup, stevia, agave, or your sweetener of choice.

### Additional Toppings

Add ginger slices.

## Ingredients

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- 1 cup Water (hot)
- 2 tbsps Mint Leaves (stems removed)
- 1 tsp Lime Juice
- 1 tsp Raw Honey (optional)
- 4 Ice Cubes

# Sparkling Salty Lime Mocktail

5 ingredients · 3 minutes · 1 serving



## Directions

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1. Add the coconut water, lime juice, salt, and ice to a glass. Top with sparkling water and stir. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Additional Benefits

Add a scoop of collagen powder.

## Ingredients

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**1/2 cup** Coconut Water

**2 tbsps** Lime Juice

**1/16 tsp** Sea Salt

**5** Ice Cubes

**1/2 cup** Sparkling Water

# Raspberry Chia Fresca

5 ingredients · 15 minutes · 2 servings



## Directions

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1. Stir the water and chia seeds together. Let thicken for 10 minutes.
2. Add the coconut water, raspberries, lemon juice, and chia mixture into a blender. Blend until well incorporated. Pour into glasses and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

### Serving Size

One serving equals approximately two cups.

### More Flavor

Add a sprinkle of cinnamon and a sweetener of your choice.

### No Coconut Water

Omit and replace with water instead.

## Ingredients

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- 1 cup** Water
- 1/4 cup** Chia Seeds
- 3 cups** Coconut Water
- 1/2 cup** Frozen Raspberries
- 2 tbsps** Lemon Juice (optional)



# Green Lemonade

3 ingredients · 10 minutes · 2 servings



## Directions

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1. Combine all ingredients in a blender and blend until well incorporated. Enjoy!

## Notes

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### Leftovers

Best enjoyed the same day. Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately two cups.

### More Flavor

Add cinnamon, cucumber, kiwi, chia seeds, honey, or maple syrup.

## Ingredients

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**3 1/2 cups** Water

**1 cup** Baby Spinach

**2** Lemon (juiced)



# Virgin Grapefruit Margarita

6 ingredients · 10 minutes · 2 servings



## 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. Divide the ice cubes between glasses. Pour the grapefruit mixture over the ice and top with the soda water. Carefully stir and enjoy!

## Notes

### Leftovers

Store grapefruit juice separately for up to three days. Assemble the drink just before serving.

### Additional Toppings

Garnish with fresh grapefruit and lime slices.

### No Maple Syrup

Use another liquid sweetener or simple syrup instead.

## Ingredients

- 1 Grapefruit (large, juiced)
- 2 Lime (juiced)
- 1 **tbsp** Maple Syrup
- 1 **tsp** Sea Salt (for garnish)
- 10 Ice Cubes
- 8 **fl ozs** Soda Water (or more to taste)

# Classic Virgin Caesar

8 ingredients · 10 minutes · 2 servings



## Directions

1. Set half of the sea salt in a shallow bowl. Take a lime wedge and run it around the rim of the glass. Dip the rim of the glass into the sea salt, being sure to cover the rim. Repeat the process until all of your glasses are rimmed with sea salt
2. Add the other half of the sea salt and lime juice, tomato juice, hot sauce and tamari into a blender. Blend until everything is well combined.
3. Pour into the rimmed glasses and divide the pickle, cherry tomatoes and olives evenly between the toothpicks to garnish. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add a splash of pickle juice.

### Additional Toppings

Cooked bacon or a celery stick.

### No Blender

Pour everything together into a pitcher and mix thoroughly before dividing between glasses.

## Ingredients

- 1 **tbsp** Sea Salt (divided)
- 1 **Lime** (sliced into wedges, juiced, divided)
- 1 **pint** Tomato Juice
- 1 **tsp** Hot Sauce
- 1 **tbsp** Tamari
- 1 **oz** Baby Pickles
- 2 **tbps** Cherry Tomatoes
- 1 **tbsp** Black Olives

# Blueberry Ginger Lime Sparkling Water

5 ingredients · 5 minutes · 2 servings



## Directions

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1. Divide blueberries, lime slices, ginger and ice between between mason jars or glasses. Top with sparkling water. Enjoy!

## Notes

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### No Sparkling Water

Use flat water instead.

### Extra Flavour

Muddle the berries and limes in the bottom of the jar for extra flavour.

### Switch it Up

Swap out the blueberries for blackberries, strawberries or raspberries. Swap out the lime for lemon or orange.

## Ingredients

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**1/2 cup** Blueberries

**1** Lime (sliced into rounds)

**1 tbsp** Ginger (peeled and sliced)

**6** Ice Cubes

**3 cups** Sparkling Water

# Green Coconut Ginger Juice

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
2. Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.

## Notes

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### Make it Sweeter

Add maple syrup, honey or monk fruit sweetener.

### Make it Thicker

Add avocado, greek yogurt or frozen cauliflower.

## Ingredients

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**1/3 cup** Canned Coconut Milk

**2/3 cup** Water

**1/4** Lime (juiced)

**1 cup** Baby Spinach

**2 tsps** Ginger (grated)



# Classic Virgin Sangria

6 ingredients · 2 minutes · 1 serving



## Directions

1. Add all of the ingredients into a glass and stir to combine. Garnish with lemon slices, if using. Enjoy!

## Notes

### Leftovers

Refrigerate leftovers in a pitcher for up to two days. To ensure a fizzy drink, add more soda water just before serving.

### Serving Size

One serving is roughly 9 fl oz or 266 mL.

### More Flavor

Add orange juice.

### Additional Toppings

Add any in-season fruit.

### No Cranberry Juice

Use any juice of choice.

## Ingredients

**1 tsp** Maple Syrup

**1/4** Lemon (juiced, plus slices for garnish)

**1/4 cup** Frozen Berries

**2** Ice Cubes

**3 fl ozs** Cranberry Juice

**2 fl ozs** Soda Water

# Cucumber Mojito Blender Juice with Aloe

7 ingredients · 15 minutes · 4 servings



## Directions

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1. Add all of the ingredients to a high-speed blender. Blend on high for one minute or until very smooth.
2. Strain the juice into a pitcher with a fine mesh sieve to remove the pulp.
3. Serve over ice and enjoy!

## Notes

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### No Aloe

Use extra lime juice instead.

### Storage

Juice will keep in the fridge for one day.

### No Maple Syrup

Use honey or a few drops of stevia to taste instead.

## Ingredients

---

**2 cups** Water

**4** Lime (juiced)

**3 fl ozs** Pure Aloe Juice

**1/4 cup** Maple Syrup

**2** Cucumber (large, peeled, seeded and chopped)

**1 cup** Mint Leaves (loosely packed)

**1/8 tsp** Sea Salt

# Pink Drink with Coconut Milk

5 ingredients · 10 minutes · 1 serving



## Directions

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1. In a glass or jar, stir together the steeped green tea, honey, sliced strawberries, and coconut milk. Mix well. Add ice cubes and enjoy!

## Notes

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### No Acai Green Tea

Use any berry flavored green tea instead.

### No Coconut Milk

Use almond, soy or cashew milk instead.

## Ingredients

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**1/3 cup** Green Tea (acai flavoured, steeped, cooled and bag removed)

**1 1/2 tsps** Raw Honey

**1/4 cup** Strawberries (sliced)

**3/4 cup** Plain Coconut Milk (from the carton, not the can)

**4** Ice Cubes

# Detox Charcoal Lemonade

4 ingredients · 10 minutes · 4 servings



## Directions

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1. In a large pitcher, combine all ingredients and stir to mix well. Add ice if desired.
2. Pour into glasses and enjoy!

## Notes

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### Warm it Up

Serve it hot as an elixir.

### Likes it Sweet

Add maple syrup to sweeten.

### Activated Charcoal Powder

A black powder that can be purchased at health food stores or online.

## Ingredients

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**8 cups** Water (cold)

**5** Lemon (juiced)

**1 tbsp** Activated Charcoal Powder

**1/4 tsp** Sea Salt (optional)



# Blueberry Agua Fresca

5 ingredients · 5 minutes · 2 servings



## Directions

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1. Combine all ingredients except ice in a blender. Blend well until smooth.
2. Divide ice into glasses, pour in the Blueberry Agua Fresca and enjoy!

## Notes

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### Make it Smooth

Strain after blending.

### Make it Fancy

Serve it over frozen blueberries instead of ice.

### Make it Fizzy

Use sparkling water instead of flat water.

### No Maple Syrup

Use honey instead.

## Ingredients

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**1 cup** Blueberries

**1/2** Lime (juiced)

**1 tbsp** Maple Syrup

**2 cups** Water

**4** Ice Cubes (optional)

# Blueberry Orange Sparkling Water

4 ingredients · 5 minutes · 2 servings



## Directions

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1. Divide blueberries and clementines into mason jars or glasses then use a spoon to gently crush the fruit. Add ice, then pour sparkling water over top. Enjoy!

## Notes

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### No Sparkling Water

Use flat water instead.

### Switch it Up

Swap out the blueberries for blackberries, strawberries or raspberries.

## Ingredients

---

**1/2 cup** Blueberries

**1** Clementines (peeled and sectioned)

**6** Ice Cubes

**3 cups** Sparkling Water

# Classic Virgin Mojito

5 ingredients · 10 minutes · 4 servings



## Directions

1. Add all of the ingredients into a pitcher, adding the soda water last. Gently stir until everything is mixed well.
2. Divide between glasses and enjoy!

## Notes

### Leftovers

Refrigerate in the pitcher with a lid for up to two days. To ensure a fizzy drink, add more soda water just before serving.

### More Flavor

Muddle the mint before adding the rest of the ingredients into the pitcher. Add frozen fruit to the glasses as ice cubes.

## Ingredients

- 2 **tbsps** Maple Syrup
- 1/2 **cup** Mint Leaves
- 15 Ice Cubes
- 2 **tbsps** Lime Juice
- 1 1/4 **quarts** Soda Water



# Detox Chia Lemon Water

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

## Notes

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### Make it Sweet

Add maple syrup.

### Make it Spicy

Add a pinch of cayenne pepper.

## Ingredients

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**2 cups** Water

**1 tbsp** Chia Seeds

**1/4** Lemon (juiced)



# Virgin Raspberry Mojito

7 ingredients · 15 minutes · 2 servings



## 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. Divide mint and 1/2 the lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together. Divide raspberry puree, ice cubes and sparkling water between the glasses. Stir to combine and garnish with remaining lime wedges. Sprinkle a pinch of sea salt if desired. Enjoy!

## Notes

### It's 5 O'Clock Somewhere

Add 2 oz of white rum to each serving.

### No Maple Syrup

Use honey instead.

### Make it Smooth

Strain your raspberry puree and use the juices only.

## Ingredients

**1/4 cup** Raspberries  
**3/4 cup** Water  
**1/4 cup** Maple Syrup  
**1/4 cup** Mint Leaves  
**1** Lime (sliced into wedges)  
**4** Ice Cubes  
**3 cups** Sparkling Water

# Peach Raspberry Agua Fresca

5 ingredients · 5 minutes · 2 servings



## Directions

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1. Combine all ingredients except ice in a blender. Blend well until smooth.
2. Refrigerate until ready to serve. Divide into glasses with ice and enjoy!

## Notes

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### Less Pulp

Strain your agua fresca after blending.

### Extra Garnish

Add raspberries and sliced peaches to each glass.

### Make it Fizzy

Use sparkling water instead of flat.

### Add a Kick

Add a few pieces of sliced jalapeno to each glass.

### No Maple Syrup

Use honey instead.

## Ingredients

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**2** Peach (peeled and quartered)

**1 cup** Raspberries

**2 tbsps** Maple Syrup

**2 cups** Water

**6** Ice Cubes (optional)

# Grapefruit & Thyme Sparkling Water

3 ingredients · 10 minutes · 1 serving



## Directions

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1. Cut your grapefruit in half. Squeeze the juice out of one half. Carve the flesh out of the other half. Add both the juice and flesh to the bottom of a glass along with the thyme sprigs. Pour sparkling water over top. Add a straw, stir and enjoy!

## Notes

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### No Grapefruit

Use another citrus fruit like orange.

## Ingredients

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- 1 Grapefruit
- 1/16 oz Thyme Sprigs
- 2 cups Sparkling Water