REFRESHING SUMMER DRINKS
WITH A HEALTHY TWIST

Summer is the perfect time to enjoy refreshing, healthy drinks that keep you cool and hydrated. Here are four delicious mocktail recipes that are easy to make and packed with nutritious ingredients.

Cucumber Mint Cooler

This drink is hydrating and low in calories, making it perfect for a hot summer day.

Ingredients:
- 1 cucumber, blended
- Handful of fresh mint leaves
- 1 Tb. honey
- Juice of 1 lime
- Sparkling water

Directions:
Blend the cucumber and strain the juice. Mix the cucumber juice with honey and lime juice. Pour over ice, top with sparkling water and garnish with mint leaves.

Watermelon Basil Refresher

Watermelon is rich in vitamins A and C, and basil adds a unique flavor with bonus health benefits.

Ingredients:
- 2 cups of watermelon cubes
- Handful of fresh basil leaves
- 1 Tb. of lime juice
- Pinch of salt
- Sparkling water

Directions:
Blend the watermelon and strain the juice. Muddle the basil leaves in a glass, add the watermelon juice, lime juice and a pinch of salt. Pour over ice and top with sparkling water.

Berry Lemonade Spritzer

Berries are packed with antioxidants, and lemon adds a refreshing tang.

Ingredients:
- 1 cup of mixed berries (strawberries, blueberries, raspberries)
- Juice of 1 lemon
- 1 Tb. agave syrup
- Sparkling water

Directions:
Blend the berries and strain the juice. Mix the berry juice with lemon juice and agave syrup. Pour over ice and top with sparkling water.

Pineapple Coconut Delight

Pineapple and coconut water provide a tropical taste while being rich in electrolytes.

Ingredients:
- 1 cup pineapple chunks
- 1 cup of coconut water
- 1 Tb. of lime juice
- Fresh mint leaves

Directions:
Blend the pineapple with coconut water and lime juice until smooth. Pour over ice and garnish with mint leaves.

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