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Cheers ...to... Summer

mocktails, cocktails,
iced teas,
smoothies + more



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If you're searching for a way to cool down, look no further than your cup! From nutrient-infused happy hour drinks to healthy teas and indulgent shakes, this book is loaded with 10 mixers and elixirs that will leave you feeling hydrated and nourished – and some even a little buzzed! Cheers!

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SERVES
A CROWD

• Non-Alcoholic •

Summer Sangria



INGREDIENTS

- ½ cup blueberries
- ½ cup boysenberries
- ½ cup raspberries
- ½ cup blackberries
- 50 oz. **unsweetened cranberry juice**
- 2 L. sparkling/seltzer water
- 4 oz. **orange juice**
- 1 Tbsp. orange zest
- Crushed ice

Add to cart

DIRECTIONS

- 1.** In large glass pitcher, combine all ingredients except ice and orange zest. Stir to mix thoroughly.
- 2.** Place in refrigerator overnight.
- 3.** Serve over ice with orange zest sprinkled on top.

... Thirsty but not in the mood to make a swanky beverage? No problem! **Here are 5 tips for staying hydrated if you don't like to drink water.**

• Courtesy of Nell Stephenson (Paleoista) •

• Lime & Pomegranate • Margarita



INGREDIENTS

serves 1

- 2 Tbsp. **pomegranate juice powder**
- 2 oz. **lime juice**
- 1 Tbsp. **light agave**
- ½ oz. Cointreau
- 1-½ oz. Don Julio Tequila
- **For garnish**
- **Coconut sugar**
- Slice of lime

Add to cart

DIRECTIONS

- 1.** For an optional fancy finish, rub lime over rim of pint-size cup, glass or Mason jar and dip into coconut sugar to coat. Add ice to cup.
- 2.** In shaker, combine all ingredients and shake. Pour into glass and garnish with lime.

Margaret's tip: For a kid-friendly version, skip the Cointreau and tequila and mix in **coconut juice** or **coconut water**.

••• To revitalize post-margs, try our **3 natural hangover remedies that actually work!**

• Courtesy of Margaret Chapman (The Plant Philosophy) •

MAKE IT A
MOCKTAIL!





ELECTROLYTE
RUSH!

• Nuun-Alcoholic •

Strawberry-Lemonade Daiquiri



INGREDIENTS

- 4 strawberries, plus 1 for garnish
- 2 Tbsp. **lemon juice**
- 2 Tbsp. **maple syrup**
- 2 **Nuun Active Hydration Strawberry-Lemonade Drink Tabs**
- 1 cup + 2 Tbsp. water
- 1-½ cups ice

Add to cart

DIRECTIONS

1. In small bowl, whisk together maple syrup and 2 tablespoons water.
2. In **blender**, combine all ingredients and pulse into slushy consistency.
3. Garnish with a cut strawberry.

... Fancy drinks are fun! But sometimes all you need is a **tall glass of electrolyte-rich coconut water** – especially if you're looking to replenish nutrients during or after a workout.

• Courtesy of Liz Lotts (Lotts 0 Miles) •

• Iced Matcha • Limeade with Chia



INGREDIENTS

yields half a gallon

- 3 Tbsp. **black chia seeds**
- 1-2 limes, sliced
- 10 packets **stevia** or preferred sweetener, to taste
- 1-½ tsp. **matcha green tea powder**
- 6 oz. freshly squeezed lime juice, about 7 medium-size limes
- 4-5 cups filtered water

Add to cart

DIRECTIONS

1. In small bowl, combine fresh lime juice with chia seeds and stir rapidly for 1 minute. Let stand for about 5 minutes to thicken.
2. In small jar with lid, mix 1 teaspoon matcha powder with 1 cup water at room temperature. Shake with lid on or stir to fully dissolve powder. Set aside.
3. In separate jar also with lid, combine stevia packets with 1 cup water at room temperature (or your preferred sweetener, to taste). Shake or stir to dissolve powder. Set aside.
4. In half gallon pitcher or jar, add sliced limes. Then add chia-lime juice, matcha green tea and stevia water. Add remaining 2-3 cups of water. Add ice.

Margaret's tip: If you're making a big batch for the week, skip adding lime slices. Instead, freeze chunks of lime in an ice cube tray and add those into each serving.

• Courtesy of Margaret Chapman (The Plant Philosophy) •

ANTIOXIDANT
BOOSTER





• Lemon-Mint •

Iced Tea



INGREDIENTS

serves 4

- 4 **green tea bags** (can sub **mint tea**)
- 1 Tbsp. **lemon juice**
- 8 cups water
- 2 cups ice
- 1 handful fresh mint

Add to cart

DIRECTIONS

- 1.** In tea pot, add water, lemon juice and tea bags and bring to boil.
- 2.** Add ice cubes and let it cool down. Place in fridge or freezer to chill.
- 3.** Add fresh mint leaves and drink.

... Refresh your refreshment with **5 tips for making the best iced tea you've ever tasted!**

• Courtesy of Liana Werner-Grey (The Earth Diet) •

• Mango •

Iced Tea



INGREDIENTS

serves 4

- 2 bags **mango tea**
- 24 oz. water
- ½ cup fresh or frozen mango chunks
- 1-2 Tbsp. **organic maple syrup**

Add to cart

DIRECTIONS

- 1.** In small pot, bring water to boil. Steep tea bags in hot water for 30 minutes. Remove bags and allow tea to cool.
- 2.** In **high-speed blender**, add tea, mango chunks and maple syrup. Process until smooth and combined.
- 3.** To serve, pour over ice. Will keep for 2 days.

••• In addition to tea, here's a list of **foods and drinks that will help you cool down, naturally!**

• Courtesy of Pamela Higgins (Total Health Counseling) •



TRY IT
FROZEN
OR ON THE
ROCKS



ONLY 4
INGREDIENTS

• Creamy Cold-Brew •

Coconut Smoothie



INGREDIENTS

serves 4

- 1 large ripe banana, sliced
- 1 cup **Califia Farms Cold Brew Coffee**
- 1 pint frozen vanilla yogurt
- 1 Tbsp. **coconut flakes**

Add to cart

DIRECTIONS

- 1.** In **blender**, combine all ingredients until smooth.
 - 2.** Transfer to glasses. Garnish with shredded coconut and serve immediately.
- ... Have your smoothie and spoon it too! Find out how to turn this recipe, and hundreds of others, into a nutritious **smoothie bowl**.

• Courtesy of Amie Valpone (The Healthy Apple) •

• Strawberry • Cheesecake Shake



INGREDIENTS

- 2 cups strawberry ice cream
 - ¾ cup whole milk
 - 3 **gluten-free graham crackers**
- Optional toppings**
- 1 slice gluten-free strawberry cheesecake
 - Strawberry slices
 - Whipped cream

Add to cart

DIRECTIONS

1. In **blender**, combine strawberry ice cream, whole milk and 2 graham crackers. Blend on high for 3 minutes or until desired consistency.
 2. Pour into mason jar and top with whipped cream, a slice of cheesecake (use **straw** or wooden skewer to stack on) and remaining graham cracker.
 3. Sprinkle with sliced strawberries.
- For more decadent shakes and healthy smoothie recipes, [click here!](#)

• Courtesy of Sara Fintz (Sara's Organic Eats) •

GLUTEN-
FREE





• Spicy Citrus •

Sunshine Smoothie

INGREDIENTS

- 2 oranges, peeled
 - 1 grapefruit, peeled
 - ½ lemon, peeled
 - 1 drop food-grade lemon essential oil
 - ½-inch piece of ginger
 - ⅔ cup filtered water
 - 1 tsp. **turmeric powder**
- Dash **cayenne pepper**
 - Dash **ground black pepper**
 - 1 tsp. **Vitacost Olive Oil** or **Nutiva Coconut Oil**
 - 1 scoop **vanilla protein powder**
 - 1-½ Tbsp. **freeze-dried strawberries**
 - 1 small garlic clove, peeled, optional

Add to cart

DIRECTIONS

- 1.** In **high-speed blender**, process until smooth.
- Love this savory spin on the typical smoothie? Check out our list of additional **funky smoothie add-ins** you can benefit from.

• Courtesy of Liana Werner-Grey (The Earth Diet) •

• Blueberry-Herb •

Infused Ice Cubes



INGREDIENTS

- Filtered water
- Organic blueberries
- Organic cilantro or mint, chopped
- **Organic lime juice**

Add to cart

DIRECTIONS

- 1.** Fill pitcher with water and a splash of lime juice (as much or as little as you'd like).
 - 2.** Pour water into ice cube tray; tuck blueberries and herbs into wells.
 - 3.** Freeze ice and add to water, lemonade or beverage of choice.
- ... In a drink or on a stick, juice-infused ice is delightful! For your next summer soiree, impress your friends with these **saffron rose ice pops with edible flowers!**

• Courtesy of Maura Knowles (Mo, the Morselist) •

TRY IT WITH
COCONUT
WATER!



• Like what you see? •

There's more where these came from! We have hundreds of **beverage recipes** on the **VitaVibes blog**. Whether you're a milkshake maven or a cocktail connoisseur, you'll find sippable creations, including vegan- and paleo-friendly options and recipes free of dairy, gluten, soy and more. **Click here!**



• Blackberry Spritzer •



• Pineapple Superfood Shake •



• Hibiscus Iced Tea •



• Cranberry Drinking Vinegar •



• Tropical Fruit Smoothie •



• Minty Lemonade Smoothie •