



Keep hydrated with fun drinks
this summer!



Suzanna Rozsa

<https://www.suzannarozsa.com/>



Blackberry Smash Mocktail

2 servings

10 minutes

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

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.



Cantaloupe Agua Fresca

2 servings

5 minutes

Ingredients

- 1/2 Cantaloupe (medium, peeled, deseeded, and chopped)
- 1 Lime (medium, juiced)
- 1/4 cup Water
- 1 tbsp Maple Syrup

Directions

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

Notes

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.



Cranberry Orange Mocktail

2 servings

5 minutes

Ingredients

- 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)

Directions

- 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

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.



Strawberry Basil Agua Fresca

2 servings

5 minutes

Ingredients

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

Directions

- 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

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.



Strawberry Mint Iced Tea

1 serving
10 minutes

Ingredients

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

Directions

- 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

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.



Blended Salty Watermelon Mocktail

1 serving
3 minutes

Ingredients

1/2 cup Coconut Water
1/4 Seedless Watermelon (small,
chopped)
2 tbsps Lime Juice
1/16 tsp Sea Salt

Directions

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

Notes

Leftovers: Best enjoyed immediately.

Additional Benefits: Add a scoop of collagen powder.



Ginger Orange Iced Tea

1 serving
5 minutes

Ingredients

2/3 cup Earl Grey Tea (brewed, cold)
1/4 cup Orange Juice
1 tbsp Lemon Juice
1 tbsp Honey
1 1/2 tsps Ginger (fresh, minced)
5 Ice Cubes
1/8 Navel Orange (thinly sliced, for garnish)

Directions

- 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

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.



Strawberry & Watermelon Drink

2 servings

5 minutes

Ingredients

1/4 Seedless Watermelon (medium, diced into cubes)
1 cup Frozen Strawberries
1 cup Coconut Water
2 tbsps Mint Leaves (plus extra for garnish)

Directions

1

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

Notes

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.



Cucumber & Lime Chia Fresca

2 servings

5 minutes

Ingredients

1/2 Cucumber (chopped)
3 cups Water
2 tbsps Lime Juice
1 tbsp Maple Syrup
1 tbsp Chia Seeds
8 Ice Cubes

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.



Ginger Iced Tea

1 serving
30 minutes

Ingredients

- 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)

Directions

- 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

Leftovers: Refrigerate for up to three days.

No Honey: Use maple syrup, stevia, agave, or your sweetener of choice.



Ginger Lemonade with Aloe

1 serving
5 minutes

Ingredients

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

Directions

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

Notes

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.



Mint & Lime Iced Tea

1 serving
25 minutes

Ingredients

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

Directions

- 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

Leftovers: Refrigerate for up to three days.

No Honey: Use maple syrup, stevia, agave, or your sweetener of choice.

Additional Toppings: Add ginger slices.



Sparkling Salty Lime Mocktail

1 serving

3 minutes

Ingredients

1/2 cup Coconut Water
2 tbsps Lime Juice
1/16 tsp Sea Salt
5 Ice Cubes
1/2 cup Sparkling Water

Directions

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

Notes

Leftovers: Best enjoyed immediately.

Additional Benefits: Add a scoop of collagen powder.



Raspberry Chia Fresca

2 servings
15 minutes

Ingredients

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

Directions

- 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

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.



Green Lemonade

2 servings
10 minutes

Ingredients

3 1/2 cups Water
1 cup Baby Spinach
2 Lemon (juiced)

Directions

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

Notes

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.



Virgin Grapefruit Margarita

2 servings

10 minutes

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)

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.



Classic Virgin Caesar

2 servings

10 minutes

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 tbsps Cherry Tomatoes
- 1 tbsp Black Olives

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.



Blueberry Ginger Lime Sparkling Water

2 servings

5 minutes

Ingredients

- 1/2 cup Blueberries
- 1 Lime (sliced into rounds)
- 1 tbsp Ginger (peeled and sliced)
- 6 Ice Cubes
- 3 cups Sparkling Water

Directions

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

Notes

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.



Green Coconut Ginger Juice

1 serving
5 minutes

Ingredients

1/3 cup Canned Coconut Milk
2/3 cup Water
1/4 Lime (juiced)
1 cup Baby Spinach
2 tsps Ginger (grated)

Directions

- 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

Make it Sweeter: Add maple syrup, honey or monk fruit sweetener.

Make it Thicker: Add avocado, greek yogurt or frozen cauliflower.



Classic Virgin Sangria

1 serving

2 minutes

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

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.



Cucumber Mojito Blender Juice with Aloe

4 servings
15 minutes

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

Directions

- 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

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.



Pink Drink with Coconut Milk

1 serving
10 minutes

Ingredients

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

Directions

- 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

No Acai Green Tea: Use any berry flavored green tea instead.
No Coconut Milk: Use almond, soy or cashew milk instead.



Detox Charcoal Lemonade

4 servings

10 minutes

Ingredients

- 8 cups Water (cold)
- 5 Lemon (juiced)
- 1 tbsp Activated Charcoal Powder
- 1/4 tsp Sea Salt (optional)

Directions

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

Notes

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.



Blueberry Agua Fresca

2 servings

5 minutes

Ingredients

- 1 cup Blueberries
- 1/2 Lime (juiced)
- 1 tbsp Maple Syrup
- 2 cups Water
- 4 Ice Cubes (optional)

Directions

- 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

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.



Blueberry Orange Sparkling Water

2 servings

5 minutes

Ingredients

- 1/2 cup Blueberries
- 1 Clementines (peeled and sectioned)
- 6 Ice Cubes
- 3 cups Sparkling Water

Directions

- 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

No Sparkling Water: Use flat water instead.

Switch it Up: Swap out the blueberries for blackberries, strawberries or raspberries.



Classic Virgin Mojito

4 servings

10 minutes

Ingredients

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

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.



Detox Chia Lemon Water

1 serving
5 minutes

Ingredients

2 cups Water
1 tbsp Chia Seeds
1/4 Lemon (juiced)

Directions

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

Notes

Make it Sweet: Add maple syrup.

Make it Spicy: Add a pinch of cayenne pepper.



Virgin Raspberry Mojito

2 servings

15 minutes

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

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.



Peach Raspberry Agua Fresca

2 servings

5 minutes

Ingredients

2 Peach (peeled and quartered)
1 cup Raspberries
2 tbsps Maple Syrup
2 cups Water
6 Ice Cubes (optional)

Directions

- 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

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.



Grapefruit & Thyme Sparkling Water

1 serving
10 minutes

Ingredients

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

Directions

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

No Grapefruit: Use another citrus fruit like orange.