



Ginger Green Teani Mocktail

Creative, simple, and refreshing drinks for summer or any time that requires some festivity. The elegance of a martini meets the energizing effect of green tea.

Whether you've sworn off alcohol, are saving your sugar calories for cookies and cupcakes (like me) are pregnant or doing one of my detoxes, mocktails — drinks minus the alcohol — may be just the thing to keep you refreshed and feeling social. Here are several fun recipes, all made with wholesome, nutritious ingredients and surprisingly simple to whip up courtesy of The Experience Magazine

INGREDIENTS

6 oz. brewed green tea, chilled
2 tbs. ginger syrup, chilled (*see recipe below)
½ cup crushed ice
2 thin shavings of ginger root

Shake the tea, syrup, and ice in a cocktail shaker, then strain into glasses. Garnish with the shavings of ginger. Makes 2 drinks.

GINGER SYRUP INGREDIENTS

1 TBS coarsely grated ginger root
1/8 cup water
1/8 cup honey

DIRECTIONS

Simmer all the ingredients together for five minutes. Cool, and then strain out the ginger root. Store in the refrigerator. Use within two weeks. Makes ¼ cup.



Pink Grapefruit Margarita Mocktail

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INGREDIENTS

- 1½ cups fresh pink grapefruit juice
- ¼ cup fresh lime juice
- 1½ cups ice
- ¼ cup Meyer lemon syrup or lime syrup
- 2 grapefruit wedges for garnish

DIRECTIONS

Put all the ingredients in a blender and blend until the ice is crushed. Pour into glasses and garnish with a grapefruit wedge. Makes 2 drinks.



Cucumber-Mint Infusion Mocktail

A refreshing and nutritious spa drink with cucumbers to help decrease inflammation.

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INGREDIENTS

- 1 English cucumber, shaved lengthwise into long strips
- 1 quart water
- 1 tsp. sugar or a splash of fruit juice
- 8 sprigs fresh mint (reserve tops for a garnish)
- Crushed ice
- 32 oz. carbonated water

DIRECTIONS

Weave the cucumber strips onto bamboo skewers, and reserve as garnishes. Stir the water and sugar together in a pitcher, then add the remaining cucumber strips and the lower mint leaves. Allow the cucumber-mint water to infuse for at least an hour before serving. Pour the drink over crushed ice in a glass; fill halfway. Then top off with the carbonated water. Garnish with a cucumber skewer and a mint sprig. Makes eight drinks



Virgin Bloody Mary Mocktail

Perfect for brunch or even an afternoon snack, this drink of fresh veggies is the epitome of alkalinity!

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INGREDIENTS

- 10 Roma tomatoes
- 1 head celery, 4 stalks reserved and cut in half lengthwise for garnish (use the inner stalks with leaves)
- ½ bunch fresh parsley
- 1 cucumber
- 1 green bell pepper
- 2 jalapeños, seeds removed
- 3 carrots
- 1 lime
- 1 tbs Worcestershire sauce
- ½ tsp. salt and pepper to taste
- ½ tsp garlic powder
- 8 large green olives stuffed with pimento

DIRECTIONS

Combine the first 8 ingredients in a blender OR run through a juicer and into a large pitcher. Stir in the Worcestershire, garlic, salt and pepper. Pour into glasses and garnish with a reserved celery stalk and an olive (use a toothpick). Makes eight drinks.



Coconut Mango Crush Mocktail

This tropical drink is wonderfully hydrating for those warm summer days.

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INGREDIENTS

- 1 cup crushed ice
- 8 oz. coconut water, chilled
- 6 oz. mango nectar
- 4 oz. carbonated water
- 2 oz. fresh lime juice
- 2 lime slices

DIRECTIONS

Fill two highball glasses with crushed ice, and divide the coconut water, mango nectar, carbonated water, and lime juice between glasses. Garnish with a slice of lime.



Sober Sangria Mocktail

Flavorful, fun and perfect for all ages. Blood oranges are a great substitute for regular oranges.

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INGREDIENTS

- 4 cups water
- ½ cup dried hibiscus flowers or hibiscus tea
- ½ cup honey
- 2 cups 100 percent pomegranate juice
- 1 orange, sliced
- 1 lemon, sliced
- 1 lime, sliced
- 1 green apple, cored and diced
- 1 red apple, cored and diced
- ½ cup red or green grapes, cut in half
- Crushed ice
- 4 cups carbonated water

DIRECTIONS

Boil the water, and steep the hibiscus flowers and honey for 10 minutes. Strain and chill the tea. Mix the chilled tea, juice, and fruits together in a large pitcher, and allow the flavors to blend for at least an hour before serving. Pour sangria into glasses with crushed ice, leaving room to top off with the carbonated water.