



## Girls Night Out: Healthy Mocktails

Who said in order to have a fun girls night out alcohol had to be involved? You can still partake in social gatherings with a non-alcoholic, mocktail. Often times you want to make the best choices for your health and that may mean limiting or avoiding alcohol all together. When making the best choices about mocktails, be mindful as well. Unfortunately, most mocktail recipes are filled with empty calories from syrups and sugary juices making them calorie dense. Here are some tips for creating healthy and refreshing mocktails. When preparing these, make sure to use whole, fresh ingredients. Try and stick to fruit, fresh herbs, and seltzer. Honestly, you don't need a lot of ingredients to make a festive, fun drink! Just be sure to leave out simple syrups, fruit juices, and drink mixes.

### Consider these ideas for your Mocktail Base:

**Green Juice or any other cold-pressed juice** make a great base to many mocktail they are packed full of flavor from fruits, veggies, and herbs. These are also packed with vitamins, antioxidants, and minerals. Also a bonus; they are easier to digest because they don't have fiber.

**Tea** tends to have more of a calming effect on some people and can be more refreshing than coffee. Tea is also packed with antioxidants, catechins, and polyphenols that all have health boosting effects. Teas also come in many different profiles. You can choose from floral to sweet to earthy to nutty.

**Sparkling or Seltzer Water** make a great base to any mocktail because they add that fun bubbly, fizziness to your drink. They also come in multiple flavors so you can dress your drink up any way that you want. Most of these waters have zero to a few calories, and do not contain any sugar. Also people won't even know that you have a non-alcoholic drink.

**Kombucha** is a fermented drink that has fantastic probiotic benefits. These low calorie beverages are dairy free and vegan friendly. Some brands tend to be high in sugar, so be careful when picking what one you want to use.

### Try these Superfood Garnishes:

- Rhubarb
- Berries
- Ginger
- Chia Seeds
- Fresh Herbs and Flowers
- Watermelon
- Cherries
- Pomegranate
- Citrus Fruits

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From Corporate Fitness Works Team Leader: Samantha Granger

# Healthy Eating Continued...

## Try Out These Recipes:

### Berry Spritzer Mocktail (recipe via The Honest Company )

#### Ingredients

- One handful of organic berries
- Fresh, organic mint leaves (no more than two sprigs)
- Juice of 1 organic lime
- Two tablespoons of agave, honey, or other sweetener (optional)
- Seltzer Water
- Ice

#### Directions

1. Rinse your fruit and herbs.
2. Muddle or purée the berries with the juice of one lime, the mint, and the optional sweetener. For the blackberry spritzer, we used about half of a 6-ounce container. And we used five or six large strawberries for that version. Then we added three to four mint leaves from two sprigs to capture the herb's essence.
3. Fill your glass with ice. Spoon your berry mixture over it. Then top it with Seltzer Water. Depending on how fruity you enjoy your drinks, you can reserve this for one mocktail or divide it between two.
4. Mix the spritzer using a cocktail shaker.
5. Serve with berry, lime, or mint garnishes.



### Sparkling Cranberry Kombucha Mocktail (recipe via The Real Food Dietitians)

#### Ingredients

- 1 inch slice of fresh ginger, thinly sliced, plus more for garnish
- 1 large sprig fresh rosemary, plus more for garnish
- ½ cup 100% cranberry juice
- 2 12-ounce bottles Kombucha (Original or Ginger)
- Fresh cranberries, rosemary sprigs and thinly sliced ginger for garnish

#### Directions

1. Fill 4 double old-fashioned glasses with ice and set aside.
2. In a pitcher muddle sliced ginger and rosemary together using the end of a wooden spoon or a muddler if you have one.
3. Add cranberry juice and kombucha, stir gently to combine.
4. Pour into ice-filled glasses (using a strainer, if necessary) and garnish with sprigs of rosemary, a slice of fresh ginger and a few cranberries before serving.

<https://therealfoodrds.com/sparkling-cranberry-kombucha-mocktail/>

<https://nutritionstripped.com>

<http://www.westshoreprimarycare.com>

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