

Health-Full Eating & Nutrition



Make It a Happy Hour!

Recharge with a “mocktail”!

Need to recharge in a healthy way? Whether in person or virtually, social hour helps boost happiness and reduce stress. First, message your friends and schedule your next happy hour. Next, choose a refreshing mocktail recipe. No mocking these tasty beverages – they can actually boost your health by incorporating ingredients packed with nutrients!



Ginger-Pineapple Spritzer

Ginger is also packed with gingerols, inflammation-fighting compounds which some experts believe may help fight some cancers, reduce osteoarthritis pain and soothe sore muscles.

Ingredients:

- 4 cups unsweetened pineapple juice
- 1 tablespoon chopped crystallized ginger
- Ice cubes
- 2 cups carbonated water, chilled
- Skewered fresh pineapple chunks

Directions:

In a pitcher, combine pineapple juice and ginger. Cover and chill for at least 2 hours or up to 24 hours. Strain juice mixture, discarding ginger.

For each serving, pour pineapple juice into a tall glass over ice, filling each glass about three-fourths full. Add enough carbonated water to each glass to fill. If desired, garnish with skewered fresh pineapple.

Fizzy Rosemary Cider Mocktail



A member of the mint family, rosemary is prized both for its flavor and its fragrance. Studies show its woody scent helps improve concentration and may boost mood.

Ingredients:

- Rosemary Simple Syrup
 - ½ cup water
 - ½ cup granulated sugar substitute
 - 1 sprig fresh rosemary
- 4 ounces apple cider
- 4 ounces club soda or seltzer
- 1 tablespoon Rosemary Simple Syrup
- 1 sprig fresh rosemary

Directions:

Rosemary Simple Syrup: Combine water, sugar substitute, and rosemary in a small saucepan. Cook, stirring, over medium heat until the sugar substitute is completely dissolved, about 1 minute. Remove from heat and let cool for 30 minutes. Remove and discard the rosemary sprig.

Mocktail: Combine cider, club soda (or seltzer), and simple syrup in a highball glass. Garnish with rosemary sprig, if desired.

References:

- <http://www.eatingwell.com/article/32764/eight-of-the-worlds-healthiest-spices-herbs-you-should-be-eating/>
- <http://www.eatingwell.com/recipe/276914/fizzy-rosemary-cider-mocktail/>
- <http://www.eatingwell.com/recipe/268270/ginger-pineapple-spritzer/>
- <http://www.eatingwell.com/recipe/260949/sparkling-pomegranate-chai-mocktail/>
- <https://crec.ifas.ufl.edu/extension/pomegranates/health.shtml>

Sparkling Pomegranate-Chai Mocktail

Pomegranates are high in polyphenols, including flavonoids and tannins. These plant chemicals act as antioxidants, decreasing oxidation in the body and protecting cells from free radical damage.

Ingredients:

- 1 (750 milliliter) bottle (3 cups) sparkling apple cider
- 4 cups brewed chai tea, cooled
- 2 cups pomegranate juice
- Pomegranate seeds for garnish

Directions:

Mix sparkling cider, chai and pomegranate juice in a punch bowl or large pitcher. Garnish with pomegranate seeds, if desired.

Or, make your own!

Healthy ingredient choices for mocktails:

- Naturally sparking mineral water
- Pomegranate juice
- Unsweetened juices
- Carbonated water
- Coconut water
- Pieces of health fruit or vegetables
- Fresh herbs like mint and basil
- Spices like cinnamon, ginger and cloves
- Citrus peels and zest