Mocktow Recipes

HERE ARE A COUPLE OF YUMMY MOCKTAIL RECIPES
THAT CAN EASILY BE TURNED INTO COCKTAILS



MINT BREEZE

4 oz. Pellegrino 12 oz. Cranberry Juice Sprig of fresh mint

HOW TO MAKE IT

Squeeze half a lime and pour over ice into your favorite glass. Add a sprig of fresh mint for decoration. If you want the drink to be "mintier," muddle the mint at the bottom of the glass first.

ESSENTIAL ELIXIR

1 bag of organic celery3 small apples (your choice!)1/4 tsp ginger

HOW TO MAKE IT

Juice the celery and apples, pour 4 oz. into your favorite glass over ice, and sprinkle Ginger spice over the top.





DRINK IN SOME
SELF-CARE TIPS HERE
WHILE YOU ENJOY
YOUR MOCKTAIL.

STACEY CREW, C.H.C. & AUTHOR OF MIND BODY KITCHEN

www.staceycrew.com IG estaceycrewwellness FB & Twitter estaceycrew