



STRONGER  **NUTRITION**

MOCKTAIL GUIDE



Your Stronger U Summer Mocktail Guide

Summer is here, and it's time to soak up the sun and stay hydrated with refreshing drinks! But who says you have to sacrifice taste for health? Not us! We've got five delicious low-calorie, no added sugar mocktail recipes that are sure to quench your thirst and satisfy your taste buds not only during the summer, but any time of year.

From a Strawberry Basil Lemonade mocktail to a Peachy Green Tea Delight, these recipes are perfect for sipping poolside, at a backyard BBQ, or anytime you need a tasty, thirst-quenching beverage. So, gather your friends and family, put on your favorite summer tunes, and let's get mixing!

Mix your perfect mocktail

Mixing up mocktails should feel like a fun experiment in your kitchen. Pick one from each category and play with flavors to find you next favorite concoction.

GLASS	BASE	JUICE	HERB	GARNISH
Highball	Soda water	Orange juice	Basil	Paper straw
Gimlet	Flavored seltzer	Coconut milk	Jalapeño	Lemon slice
Wine glass	Zero sugar soda	Pineapple juice	Mint	Edible flower
Champagne flute	Water	Lemon/lime juice	Tarragon	Sliced fruit
Cocktail glass	Hop water	Pomegranate juice	Bitters	Flavored vinegar

Tips for sipping smarter this summer

Have a social summer while sipping smarter on your perfect concoction with these tips:

- + Explore different non-alcoholic beers, hop-infused seltzers, and flavored seltzer waters for an easy way to add flavor to your beverages.
- + Pre-track your alcohol to know exactly what you can consume to fit your plan.
- + Hydrate regularly! Warmer temperatures mean that your body will require more fluids keep a water bottle close by to help you stay hydrated
- + Keep beverage options on-hand. Don't get stuck with no plan in place, keep non-alcoholic options on hand for impromptu gatherings.
- + Utilize the deliciously satisfying recipes in this guide for easy macro tracking



Quench your thirst and satisfy your taste buds with Stronger U Mocktails.

Strawberry Basil Lemonade Mocktail

INGREDIENTS

1 cup (166g) strawberries
1/4 cup (12g) fresh basil leaves
2 oz. fresh lemon juice
4 oz. sparkling water
Ice
Optional: stevia or other
natural sweetener to taste

DIRECTIONS

1. In a blender, combine the strawberries, basil, and lemon juice. Blend until smooth.
2. Pour the mixture into a glass and add ice.
3. Top with sparkling water and stir.
4. Add sweetener, if desired.

MACROS

Carbohydrates: 16 grams
Protein: 2 grams
Fat: 0 grams
Calories: 66



Cucumber Mint Cooler

INGREDIENTS

1/2 cucumber (70g) sliced
1/4 cup (5g) fresh mint leaves
2 oz. fresh lime juice
4 oz. sparkling water
Ice

DIRECTIONS

1. In a blender, combine the cucumber, mint, and lime juice. Blend until smooth.
2. Pour the mixture into a glass and add ice.
3. Top with sparkling water and stir.

MACROS

Carbohydrates: 8 grams
Protein: 1 gram
Fat: 0 grams
Calories: 28



Pineapple Ginger Fizz

INGREDIENTS

1 cup (118g) fresh pineapple chunks
1/4 teaspoon (1g) grated fresh ginger
2 oz. fresh lime juice
4 oz. sparkling water
Ice

DIRECTIONS

1. In a blender, combine the pineapple, ginger, and lime juice. Blend until smooth.
2. Pour the mixture into a glass and add ice.
3. Top with sparkling water and stir.

MACROS

Carbohydrates: 20 grams
Protein: 0.9 grams
Fat: 0.2 grams
Calories: 75



Watermelon Mint Spritzer

INGREDIENTS

1 cup (152g) cubed watermelon
1/4 cup (4g) fresh mint leaves
2 oz. fresh lime juice
4 oz. sparkling water
Ice

DIRECTIONS

1. In a blender, combine the watermelon, mint, and lime juice. Blend until smooth.
2. Pour the mixture into a glass and add ice.
3. Top with sparkling water and stir.

MACROS

Carbohydrates: 17 grams
Protein: 1 gram
Fat: 0 grams
Calories: 63

Peachy Green Tea

INGREDIENTS

1 cup (8oz) brewed green tea, chilled
1 cup (76g) fresh peach slices
1/4 cup (2oz) fresh lemon juice
1/2 cup (4oz) sparkling water
Ice
Optional: stevia or other natural sweetener, to taste

DIRECTIONS

1. In a blender, combine the green tea, peach slices, and lemon juice. Blend until smooth.
2. Pour the mixture into a glass and add ice.
3. Top with sparkling water and stir.
4. Add sweetener, if desired.

MACROS

Carbohydrates: 11 grams
Protein: 1 gram
Fat: 0 grams
Calories: 42



Spicy Paloma Mocktail

INGREDIENTS

1/4 cup grapefruit juice
1 tbs lime juice
1 tsp honey or agave nectar
1/4 tsp cayenne pepper
1/2 up sparkling water
Ice

MACROS

Carbohydrates: 13.3 grams
Protein: 0.1 grams
Fat: 0 grams
Calories: 42.9

DIRECTIONS

1. In a shaker or a glass, combine the grapefruit juice, lime juice, honey or agave nectar, and cayenne pepper.
2. Stir well until the mixture is dissolved. Pour the mixture over the ice in the glass.
3. Top it off with sparkling water. Give it a stir to combine all the flavors.
4. Garnish with a slice of grapefruit or lime, if desired.

NOTE

If you prefer a stronger kick of spice, you can adjust the amount of cayenne pepper according to your taste preference.



Hibiscus Tea Margarita Mocktail

INGREDIENTS

1/4 cup hibiscus tea, brewed and chilled
1 tbs. lime juice
1 tsp. honey or agave nectar
1/2 cup sparkling water
Salt, for rimming (optional)
Ice

DIRECTIONS

1. If desired, rim your glass with salt by dipping the rim in lime juice and then into a small plate with salt. Fill the glass with ice cubes.
2. In a separate container, combine the chilled hibiscus tea, lime juice, and honey or agave nectar. Stir well to dissolve the sweetener.
3. Pour the hibiscus tea mixture over the ice in the glass.
4. Top it off with sparkling water. Give it a gentle stir to mix the flavors.
5. Garnish with a lime wedge or hibiscus flower, if desired.

MACROS

Carbohydrates: 7 grams
Protein: 0 grams
Fat: 0 grams
Calories: 26



Mango Lime Spritzer

INGREDIENTS

1/4 cup mango nectar
1 tbs. lime juice
1 tsp. honey or agave nectar
1/2 cup sparkling water
Ice

DIRECTIONS

1. In a glass, combine the mango nectar, lime juice, and honey or agave nectar. Stir well until the sweetener is dissolved.
2. Add ice and pour the sparkling water into the glass. Give it a gentle stir to mix the flavors.
3. Garnish with a slice of mango or lime, if desired.

MACROS

Carbohydrates: 13 grams
Protein: 0 grams
Fat: 0 grams
Calories: 54



Pineapple Jalapeño Mocktail

INGREDIENTS

1/4 cup pineapple juice
1 tbs. lime juice
1 tbs. honey or agave nectar
1/2 jalapeño pepper, seeded and diced
1/2 cup sparkling water
Ice

DIRECTIONS

1. In a shaker or a glass, combine the pineapple juice, lime juice, honey or agave nectar, and diced jalapeno. Stir well to incorporate the flavors and allow the jalapeno to infuse.
2. Pour the mixture over glass of ice.
3. Top it off with sparkling water. Give it a gentle stir to mix the ingredients.
4. Garnish with a slice of jalapeno or pineapple, if desired.

MACROS

Carbohydrates: 18 grams
Protein: 1 gram
Fat: 0 grams
Calories: 71



Cucumber Lime Mint Agua Fresca

INGREDIENTS

1 cup cucumber, peeled and sliced
2 tbs. lime juice
1 tbs. honey or agave nectar
1/4 cup fresh mint leaves
1 cup water
Ice

MACROS

Carbohydrates: 22 grams
Protein: 1 gram
Fat: 0 grams
Calories: 82

DIRECTIONS

1. Combine cucumber slices, lime juice, honey or agave nectar, and fresh mint leaves in a bowl.
2. Gently muddle and mash the ingredients together.
3. Add water to the bowl and stir until sweetener is dissolved.
4. Pour mixture over glass of ice. (Strain if desired).
5. Garnish with cucumber and mint.

Spicy Margarita Spritz

RECIPE

1 small jalapeno
1 oz. freshly squeezed orange juice
1 oz. freshly squeezed lime juice
0.5 oz freshly squeezed lemon juice
7g honey
1/2 cup lime sparkling water

MACROS

Carbohydrates: 23.7 grams
Protein: 0.5 grams
Fat: 0.3 grams
Calories: 99.5

DIRECTIONS

1. Combine all of the freshly squeezed juices into a cup with the honey.
2. Slice the jalapenos and add a few of the nickels to your juice (adjust to your spice preference).
3. Stir together, until the honey is dissolved.
4. Top with lime sparkling water and give a final stir.



Pear Pomegranate Mocktail

RECIPE

1 tbs (22g) pear puree or nectar
4 oz. (124g) unsweetened sparkling water
2 oz. (56g) 100% pomegranate juice
2 oz. (56g) apple juice
1 tbs. pomegranate seeds
1 sprig of rosemary
Ice

DIRECTIONS

1. Place pear puree or nectar in champagne flute.
2. In a shaker or shaker bottle, mix juices and ice.
3. Strain juices into flute.
4. Top flute with 4 oz. sparkling water and garnish with pomegranate seeds and sprig of rosemary.

NOTES

You can use apple cider in lieu of apple juice for more of a “spiced” flavor.

+ You can also use cranberry in lieu of pomegranate and garnish with whole cranberries.

+ Flavored sparkling water will give the mocktail a little bit more flavor than plain!

MACROS

Carbohydrates: 23.7 grams
Protein: 0.5 grams
Fat: 0.3 grams
Calories: 99.5

