

Non-Alcoholic Cocktails Recipes

Kombucha Mule - A twist on a traditional Moscow Mule, this recipe (shown above, left) uses blood oranges, a

robust winter citrus that's loaded with vitamin C. It also includes kombucha, a probiotic-rich fermented tea drink.

1 cup blood-orange juice (from 3 to 4 blood oranges)

1 cup ginger kombucha

2 teaspoons lime juice

2 orange slices for garnish (optional)

Fresh mint leaves for garnish (optional)

Directions:

1. Place three to four ice cubes or crushed ice in traditional copper mule mugs or short cocktail glasses.

2. Pour half the blood-orange juice, half the kombucha, and a teaspoon of lime juice (or more to taste) into each mug

and stir. Garnish with orange slices and mint sprigs, if desired.

Makes 2 servings. / Nutrition information per serving: 63 calories, 0 g fat, 0 g saturated fat, 15 g carbs, 0 g fiber, 12

g sugars (0 g added), 1 g protein, 3 mg sodium.

Cherry Spritzer - Tart cherries are different from sweet cherries and have been studied for their anti-

inflammatory and antioxidant properties. (This drink is best made in single servings.)

1 to 2 tablespoons tart cherry juice concentrate (adjust the amount depending on how tart you like it)

1/4 cup orange juice, preferably freshly squeezed

1/2 cup seltzer

1/2 teaspoon fresh lime juice

Twist of orange or orange slice for garnish

Directions:

1. Add ice cubes to short cocktail glass. Pour half the cranberry juice into each glass, then top with half the sparkling

cider.

2. Add the cranberries (which, when frozen, double as extra ice cubes). Garnish with rosemary sprigs.

Makes 2 servings. / Nutrition information per serving: 80 calories, 0 g fat, 0 g saturated fat, 20 g carbs, 0 g fiber, 19

g sugars (0 g added), 0 g protein, 4 mg sodium.

Cranberry-Apple Fizz - This refreshing, not-too-sweet drink (shown above, right) is rich in antioxidants like

vitamins C and E from the cranberry juice. The rosemary garnish imparts a light aroma that contributes to the overall flavor.

3/4 cup unsweetened cranberry juice

3/4 cup sparkling apple cider

1/2 cup fresh (or frozen) cranberries

2 sprigs fresh rosemary

Directions:

1. Add ice cubes to a short cocktail glasses. Pour half the cranberry juice into each glass, then top with half the

sparkling cider.

2. Add the cranberries (which, when frozen, double as extra ice cubes). Garnish with rosemary sprigs.

Makes 2 servings. / Nutrition information per serving: 80 calories, 0 g fat, 0 g saturated fat, 20 g carbs, 0 g fiber, 19

g sugars (0 g added), 0 g protein, 4 mg sodium.