

Zero Proof Sips for the Summer

Cutting back on
alcohol doesn't have to
mean cutting back on fun!

Try one of these
mocktail recipes at your
next social gathering.



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Watermelon Refresher



Ingredients

3/4 cup cubed watermelon (seeds removed)

1 tbsp lime juice

1/2 cup sparkling water

4 mint leaves

2-3 lime slices

Method

- Blend cubed watermelon and lime juice in a blender until smooth.
- Strain the watermelon and lime mixture and set aside.
- Muddle mint leaves in your glass.
- Fill cup with ice and pour watermelon juice until glass is half full.
- Top with club soda and stir.
- Garnish with watermelon slices, lime slices, and mint. Enjoy!



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Cucumber Ginger Spritz



Ingredients

- 1 tbsp grated ginger
- 1 tbsp grated cucumber
- 1 tbsp lime juice
- 5–6 mint leaves
- 1/2 cup sparkling water
- 1/2 cup ginger beer

Method

- Muddle ginger, cucumber, mint, and lime juice in a bowl.
- Strain the mixture in a glass.
- Fill glass with ice and top with ginger beer and sparkling water.
- Stir gently with a spoon.
- Garnish with mint leaves and lime wheels and enjoy!



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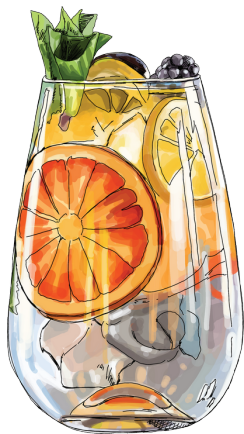
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Summer Sangria



Ingredients

Orange slices, lemon slices, and blackberries

1 tsp lime or lemon juice

1/4 cup fruit juice of your choice

1/4 cup white grape juice

1/2 cup sparkling water

Method

- Combine all ingredients and gently stir.
- Fill glass with ice and pour over sangria mixture.
- Garnish with fruit and enjoy!



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Sunshine Martini



Ingredients

1 cup unsweetened
iced tea

1/2 cup lemon
simple syrup

1 lemon slice

Lemon Simple Syrup

1 cup sugar

1 lemon juiced

Method

- For lemon simple syrup, boil sugar and 1 cup water, then simmer for 10 mins. Let cool then stir in lemon juice.
- Fill a cocktail shaker with a handful of ice.
- Add tea and lemon simple syrup and shake vigorously.
- Pour into a chilled martini glass with a sugared rim.
- Garnish with a lemon slice and enjoy!



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Ruby Red Sunset



Ingredients

- 1/2 cup grapefruit juice
- 1 tbsp lime juice
- 1 tbsp simple syrup or sweetener of your choice
- 1/2 cup sparkling water
- 2 sprigs of rosemary

Method

- Muddle a sprig of rosemary with simple syrup in a glass.
- Fill the glass with ice.
- Add grapefruit juice and lime juice and stir to combine.
- Top with sparkling water.
- Garnish with rosemary and a grapefruit slice and enjoy!



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Nice Tea



Ingredients

1/2 cup brewed black tea

1 tbsp apple cider vinegar

1/3 cup ginger beer

2 lemons

Method

- Brew black tea and steep for 4 minutes.
- Add apple cider vinegar, ginger beer, and lemon juice to the tea.
- Fill glass with ice and pour over tea mixture and stir.
- Garnish with lemon slices and enjoy!



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