

# NOURISHMENT

## WELLNESS MOCKTAILS

Wellness mocktails are non-alcoholic mixed drinks that use a combination of better-for-you ingredients like 100% fruit juices, muddled fruits, carbonated waters, herbs and spices, adaptogens, and more. Wellness mocktails are a delicious way to consume beneficial nutrients, especially antioxidants.

### HOW TO BUILD A WELLNESS MOCKTAIL MIX AND MATCH YOUR BASES:

- Iced tea
- Green juice
- Kombucha
- Sparkling water
- 100% juices

### CHOOSE YOUR ADDITIONS AND GARNISHES:

- Fruit: berries, watermelon, cantaloupe, pineapple, cherries, pomegranate
- Citrus: lime, lemon, orange, grapefruit
- Fresh herbs: basil, thyme, rosemary, lavender, sage, mint
- Edible flowers: lavender, rose, elderflower
- Chia seeds, ginger, turmeric, cayenne pepper, adaptogens



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