

IDEASheet - Mocktails

Summer Living

We are back in the summer mode!

Mocktail recipes are the Summer Living Special

We share four versions, each with a berry, a citrus and an herb sweeteners are simple syrup OR agave syrup (simple syrup recipe below, agave can be purchased at most grocery stores)

As a tip to adults- you can add a botanical gin to each of these drinks, 1-½ ounces per drink, I recommend my favorite, Hendrick's Gin.

A nice cocktail set up makes these easy. Visit mymostlife.com for details and visual review of tools needed.

You can also find us on YouTube and watch our mocktail video series on [mymostlifetv](https://www.youtube.com/channel/UCm0f1a1a1a1a1a1a1a1a1a1) on YouTube

Follow us on Facebook [facebook.com/mymostlife](https://www.facebook.com/mymostlife)
twitter @mofaul1

Berry Ginger Cooler

Tools needed-

Cocktail Shaker

Cocktail strainer

Citrus handheld juicer

Cocktail muddler

Ice for shaker

Festive glass and decorative straw to serve drink

Ingredients

6 blackberries in cocktail shaker, then muddle in the cocktail shaker

5-6 mint sprigs--- shake, twist and tear then muddle with berries

2 inches of ginger root, cut and twisted to open the flavor

1 whole lime, cut in half and juice lime into shaker

2 Tblsps. Agave syrup into shaker

Add one full cup of ice

Close cocktail shaker

Shake vigorously and then shake again

Open cocktail mixer and place strainer over shaker

Add geometric ice cubes to your party glass

POUR cocktail shaker contents using strainer over the ice in glass

Add all natural ginger ale to glass to fill the glass and stir gently

Top glass with mint sprig and place straw-- serve well!!

Enjoy your MOST LIFE Mocktail.

MOST Cherry Aide

Tools needed-

Cocktail Shaker

Cocktail strainer

Citrus handheld juicer

Cocktail muddler

Ice for shaker

Festive glass and decorative straw to serve drink

Ingredients

6 Cherries in cocktail shaker, then muddle in the cocktail shaker

5-6 mint sprigs--- shake, twist and tear then muddle with berries

1 whole lemon, cut in half and juice lime into shaker

2 Tblsps. simple syrup into shaker

Add one full cup of ice

Close cocktail shaker

Shake vigorously and then shake again

Open cocktail mixer and place strainer over shaker

Add geometric ice cubes to your party glass

POUR cocktail shaker contents using strainer over the ice in glass

Add SParkling water to glass to fill the glass and stir gently

Top glass with mint sprig and place straw-- serve well!!

Berry Garden Sipper

Tools needed-

Cocktail Shaker

Cocktail strainer

Citrus handheld juicer

Cocktail muddler

Ice for shaker

Festive glass and decorative straw to serve drink

Ingredients

4 Strawberries in cocktail shaker, then muddle in the cocktail shaker

5-6 Basil sprigs--- shake, twist and tear then muddle with berries

1 whole lime, cut in half and juice lime into shaker

2 Tblsps. Agave syrup into shaker

Add one full cup of ice

Close cocktail shaker

Shake vigorously and then shake again

Open cocktail mixer and place strainer over shaker

Add geometric ice cubes to your party glass

POUR cocktail shaker contents using strainer over the ice in glass

Add Sparkling water to glass to fill the glass and stir gently

Top glass with basil spring and place straw-- serve well!!

Pink & Blue Refresher

Tools needed-

Cocktail Shaker

Cocktail strainer

Citrus handheld juicer

Cocktail muddler

Ice for shaker

Festive glass and decorative straw to serve drink

Ingredients

2 Handfuls of Blueberries in cocktail shaker, then muddle in the cocktail shaker

5-6 mint sprigs--- shake, twist and tear then muddle with berries

1 whole lime, cut in half and juice lime into shaker

2 Tblsps. simple syrup into shaker

Add one full cup of ice

Close cocktail shaker

Shake vigorously and then shake again

Open cocktail mixer and place strainer over shaker

Add geometric ice cubes to your party glass

POUR cocktail shaker contents using strainer over the ice in glass

Add Sparkling water to glass to fill the glass and stir gently

Top glass with mint sprig and place straw-- serve well!!