

Revolution

RECIPES

HEALTHY MOCKTAILS



COOKBOOK

Introduction

Congratulations on being a part of the Healthy Living Revolution!

This cookbook is a collection of plant-based meal ideas that are tried and proven favorites. Healthy should taste good, too! All of these recipes are clean (meaning no refined sugars, preservatives, food dyes, or processed-food ingredients), gluten-free, dairy-free, and mostly oil-free, too! Whether you describe your lifestyle as vegan, paleo, vegetarian, Mediterranean, pescatarian, or straight-up "flexitarian," the common goal for optimal health is to eat MORE VEGETABLES—so there are plenty of recipes in here for everyone!

We want to thank Brian Roes for his vision, Jake Kelly for assembling these recipes and Dawn J. Williamson for designing and assembling this cookbook.

*From our family to yours,
The Healthy Living Revolution Team*

"THE MORE **PLANT FOODS**
YOU EAT, THE

healthier

YOU WILL BE." - DR. MITRA RAY

CONTENTS

- Pomegranate Lime Spritzer 4
- Kiwi Blueberry 4
- Ginger "Mimosa" 5
- Blueberry Mojito 5
- Mermaid Lemonade 6
- Honeydew Basil Nojitos 6
- Mango Mojito 7
- Sparkling Pineapple Strawberry Punch 7
- Blueberry Lime Mojito 8
- Raspberry Pear Sparkler 8
- Watermelon Slusher 9
- Non-Alcoholic Sangria 9
- Blueberry Vanilla 10
- Beet Lemonade 10
- Grilled Pluot Cocktail 11
- Ginger "Beer" 11
- Peach Coconut Mojito 12
- Orange Mocktail 12
- Grilled Pineapple Lime Mocktail 13
- Juicy Julep Mocktail 13
- Pink Grapefruit Mojito 14
- Rose Lemon Spritzer 14
- Plum and Thyme Smash 15
- Mistletoe Mocktail 15





POMEGRANATE LIME SPRITZER

¼ cup 100% pomegranate juice

½ lime, thinly sliced

¾ cup seltzer water

Stevia sweetener to taste (if needed)

Ice

1. Add ingredients to a glass and stir to combine flavors.

Makes approximately 1 serving.

KIWI BLUEBERRY

6 kiwis, peeled and cut in half or quartered

4 kiwis, peeled and sliced (for garnish)

6 oz. blueberries, crushed

6 oz. blueberries (whole for garnish)

¼ cup fresh lime juice, (1-2 limes)

4 oz. pack of mint, leaves only

1½ - 2 cups sparkling water

Ice as needed

1. Place cut kiwis in a food processor with lime juice and pulse to a coarse puree.
2. Gently crush the first 6 oz. of blueberries using a muddler.
3. Pour kiwi puree into a pitcher or glass. Add, in this order; a layer of ice, a good amount of mint leaves and kiwi slices, a few more ice cubes, crushed blueberries, more mint leaves and whole blueberries.
4. Top off with sparkling water and mix gently. Add more sugar if needed.

Makes approximately 2-4 servings.





GINGER "MIMOSA"

Ice (optional)

½ cup fresh orange juice

16 oz. sparkling water

GARNISH

2 inch piece of fresh ginger, sliced

1 clementine, peeled and divided into slices

1. Add ice and orange juice to a glass.
2. Top off with sparkling water.
3. Garnish with fresh ginger and clementine slices.

Makes approximately 1-2 servings.

BLUEBERRY MOJITO

8-10 mint leaves, plus more for garnish

1 Tbsp. fresh lime juice

½ cup organic blueberry juice,
no sugar added

½ cup club soda

GARNISH

Frozen blueberries

Mint leaves

1. Add the mint leaves to a glass (size depends on how much ice you use). Muddle well until the mint releases its flavor.
2. Add the lime juice, blueberry juice, club soda to the glass and stir until all ingredients are well combined.
3. Add ice and garnish with mint leaves and a handful of frozen blueberries.

Makes approximately 1 serving.





MERMAID LEMONADE

- 3 cups filtered water
- ½ lemon, juiced
- 1 Tbsp. coconut vinegar
(or apple cider vinegar)
- 1-2 tsp. maple syrup or agave nectar
(optional)
- ¼ tsp. spirulina powder (to taste)
- Handful of ice cubes

1. Pour water into a mason jar and stir in all ingredients until well combined.

Makes approximately 1-2 servings.

HONEYDEW BASIL NOJITOS

- ½ cup large fresh basil leaves, torn
- ½ cup lime juice
- 3 pounds honeydew melon, peeled,
seeded, and cubed
- Lime wedges (optional)
- Ice cubes
- Carbonated water (optional)

GARNISH

Honeydew melon spears or balls (optional)

1. In a large pitcher, combine basil leaves and lime juice. Using a muddler or the back of a wooden spoon, mash together well. Set aside.
2. Place about ¼ of the melon cubes in a food processor or blender. Cover and blend until smooth. Press puree through a fine-mesh sieve and discard solids. Repeat with the remaining melon cubes for a total of 4 cups juice. Add to pitcher.
3. Fill glasses with ice and pour in juice. If desired, add a splash of carbonated water to each glass. Garnish with melon spears or balls. Serve immediately.

Makes approximately 1-2 servings.





MANGO MOJITO

1 ripe mango, diced (about 1 cup)

12 springs mint

Ice

32 oz. sparkling water or club soda

1 lime, sliced into wedges

1. Add mango and mint to a large glass and muddle the ingredients together until the mango and mint become a thick paste. (Or add mango and mint to a food processor/blender and process until well incorporated).
2. Divide the mixture amongst 4 glasses and top with ice, sparkling water, and a squeeze of fresh lime.

Makes approximately 4 servings.

SPARKLING PINEAPPLE STRAWBERRY PUNCH

4 cups pineapple, chopped

Fresh mint leaves (to taste)

1 can (48 oz.) pineapple juice

1 bottle (2 liter) sparkling water

3 cups strawberries, chopped

PINEAPPLE ICE CUBES

1. Add 1 cup chopped pineapple chunks to a standard ice cub tray. Add mint leaves if desired. Pour 1 cup pineapple juice over the fruit and freeze overnight.

PINEAPPLE STRAWBERRY PUNCH

1. Add fruit, mint, and pineapple ice cubes to the bottom of a pitcher or punch bowl.
2. Pour remaining pineapple juice and half of the sparkling water in the pitcher and stir.
3. Add additional sparkling water as the pineapple ice cubes begin to melt.

Makes approximately 4 servings.





BLUEBERRY LIME MOJITO

1 cup fresh blueberries

Handful mint leaves

2 tsp. sugar (optional)

2 limes, juiced

Club soda

Crushed ice

1. Puree blueberries in a blender, and set aside.
2. In a cocktail shaker, muddle mint leaves and sugar.
3. Add lime juice and pureed blueberries. Shake well.
4. Pour mixture into two tall glasses. Fill glasses with crushed ice. Top with club soda and stir.
5. Garnish with lime wedge, blueberries, and mint spring.

Makes approximately 1 serving.

RASPBERRY PEAR SPARKLER

1 fresh pear, peeled and sliced

20 fresh raspberries

1 to 2 cups 100% pear juice, cold

1 can berry flavor sparkling water, refrigerated

GARNISH

12 fresh raspberries

1. Mash pears and raspberries in a medium sized bowl with a fork. Small sized chunks are ok. Refrigerate until ready to use.
2. Evenly add mixture to the bottom of 4 champagne glasses.
3. Fill half of each glass with pear juice, then fill the rest with sparkling water.
4. To garnish, add 3 raspberries to the top of each drink.

Makes approximately 4 servings.





WATERMELON SLUSHER

6 cups seedless watermelon, cubed
¼ tsp. fresh ginger (add more if needed)
1 cup lime juice, freshly squeezed
1 cup sparkling water, cold
Fresh mint sprigs for garnish
Ice cubes for serving

1. Place cubed watermelon and ginger in a blender, and process until smooth, working in batches if needed.
2. Pour mixture through a strainer into a large, clean pitcher. Discard any solids caught in the strainer.
3. Add lime juice, stirring to combine.
4. Sample mixture, and add more ginger or lime juice to taste. Stir in sparkling water.
5. To serve, pour into a short glass over ice, and garnish with a sprig of mint.

Makes approximately 2-4 servings.

NON-ALCOHOLIC SANGRIA

4 cups white grape juice
1 cup blueberries
1 cup orange juice
Juice of 1 lime + 2 limes
2 oranges, chopped
2 bananas, chopped
2 peaches, chopped

1. Blend white grape juice with ¼ cup blueberries. Pour into a jar or bowl.
2. Add orange and lime juice. Stir until well mixed.
3. Place ice in a jar. Add liquid mixture, chopped oranges, bananas, limes peaches and the remaining blueberries.
4. Refrigerate for about 2 hours before serving.

Makes approximately 4 servings.





BLACKBERRY VANILLA

- ½ cup fresh blackberries
- ½ a lemon, juiced
- ¼ tsp. vanilla extract
- ½ tsp. honey
- Club soda or sparkling water
- Mint leaves (for garnish)

1. In the bottom of a glass or cocktail shaker, use the back of a spoon or a muddler to muddle the blackberries with the lemon juice, vanilla, honey, and a splash of the club soda.
2. Pour the mixture through a fine mesh strainer and then again through a coffee filter to get the liquid nice and clean.
3. Transfer to a cocktail glass filled with ice and fill the remainder of the glass with club soda or sparkling water.
4. Garnish with some fresh blackberries and mint leaves.

Makes approximately 1 serving.

BEET LEMONADE

- 1 beet, peeled and chopped
- ½ cup lemon juice
- 2 cups white grape juice
- 3 cups cold water, still or sparkling
- Ice

1. Combine beet, lemon juice and 1 cup grape juice in a blender. Blend until well combined.
2. Place a fine mesh strainer over a pitcher and pour mixture through it. Press down what's left in the bag with a spoon to extract as much liquid as possible. Discard the pulp.
3. Add remaining 1 cup grape juice, water and ice to the mixture. Stir well and serve.

Makes approximately 2 servings.



GRILLED PLUOT COCKTAIL

- 3 small pluots
- ½ oz. honey syrup (2:1 honey to water)
- ¼ oz. lemon juice
- ¼ oz. aged balsamic vinegar
- 2 oz. sparkling water

1. Slice 2 pluots in half and remove pit. Brush with honey syrup and place flesh-side-down on the grill over a medium flame.
2. Cook until pluots soften and start to caramelize (about 5 minutes). Flip to skin-side-down and cook for another 3 minutes or so. Remove from heat and let cool.
3. Place grilled pluots (four grilled pluot halves) into the bottom of a mixing glass. Add honey syrup and muddle, breaking apart the grilled pluots.
4. Add lemon juice and balsamic vinegar. Shake for 10 seconds.
5. Double strain over new ice into a highball glass and top with sparkling water. Garnish with a few fresh slices of pluot.

Makes approximately 1-2 servings.



GINGER "BEER"

- 2" piece ginger root, finely diced
- 2 lemons, juiced
- 2 limes, juiced
- 8-12 dates, pitted
- 1 tsp. Cinnamon
- 1 liter soda water

1. Add all ingredients, except soda water, to a high speed blender and blend until very smooth.
2. Pour over ice and add soda water.
3. Enjoy immediately or store the mixture in the refrigerator before adding soda water. The ginger beer concentrate should last a week or so in the refrigerator.

Makes approximately 1-2 servings.

PEACH COCONUT MOJITO

- 1 ripe yellow peach
- 1 lime
- 10 mint leaves
- 1½ cups Naked Juice Coconut Water
- 1 cup sparkling water
(plain or lime flavored)

1. Slice the peach into pieces, removing the pit and using a knife to remove its skin.
2. Cut the lime into 8 wedges.
3. In each glass, muddle half of the sliced and skinned peach pieces with 5 mint leaves and 2 lime wedges. Do your best to smash the peach up (this will impart the flavor).
4. Add ice to each glass and top with ¾ cup coconut water and ½ cup sparkling water.
5. Stir gently. Garnish with additional lime wedges, peach, and mint.

Makes approximately 1-2 servings.



ORANGE MOCKTAIL

- 32 oz. apple juice
- 32 oz. cranberry juice
- 32 oz. orange juice
- Crushed ice
- Orange slices (for garnish)
- Sparkling water (optional)

1. In a large pitcher or punch bowl, add juice (and optional sparkling water). Stir to combine (in batches if necessary).
2. Serve over ice and garnish with orange slices.

Makes approximately 6-8 servings.

GRILLED PINEAPPLE & LIME MOCKTAIL

GRILLED PINEAPPLE

- 2 Tbsp. honey
- 1 Tbsp. fresh lime juice
- 1 tsp. ground cinnamon
- 1 ripe pineapple, cut into rounds

1. In a small bowl, combine honey, lime juice, and cinnamon. Whisk to blend. Set aside.
2. Remove the husk from the pineapple and slice into 1-inch thick rings. Place on a preheated grill. Baste slices with marinade while cooking. Cook 4-5 minutes on each side until nicely caramelized. Transfer the pineapple to a bowl and place in the refrigerator until cold

MOCKTAIL

- ½ cup pineapple, grilled
- 2 Tbsp. lime juice
- 1 tsp. honey
- Crushed ice
- 2 Tbsp. sparkling orange juice
- Club soda

3. Blend together first 3 ingredients in a food processor or blender. Pour into a glass filled with crushed ice.
2. Add sparkling orange juice and top off with club soda. Stir and garnish with a grilled pineapple slice.

Makes approximately 1-2 servings.



JUICY JULEP MOCKTAIL

Ice

Equal parts pineapple juice, orange juice and lime juice

Sparkling water

1 tsp. mint, crushed or finely chopped

Sprig of mint (for garnish)

Lime, wedge (for garnish)

Pineapple, slice (for garnish)

1. Add ice to a tall glass. Pour in pineapple, orange and lime juice. Top with sparkling water and stir in mint leaves.
2. Garnish with a sprig of mint, slice of lime and a pineapple wedge.

Makes approximately 2-4 servings.

PINK GRAPEFRUIT MOJITO

¼ pink grapefruit, cut into small chunks,
seeds removed

2 Tbsp. honey

12 fresh mint leaves, torn

½ cup grapefruit sparkling water

Ice cubes, small

Mint sprigs (for garnish)

1. Place grapefruit pieces, honey and mint in a cocktail shaker. Mash with a muddler until the juices are released.
2. Add 1 cup ice cubes. Attach the lid and shake well until combined.
3. Divide between two ice-filled glasses.
4. Top off with additional flavored water.
5. Garnish with mint sprigs

Makes approximately 2 servings.



ROSE LEMON SPRITZER

2 Tbsp. rose water (optional)

2 Tbsp. fresh lemon juice

1-2 Tbsp. honey or to taste
(use agave if vegan)

A few drops of blood orange or
pomegranate juice for color (optional)

¾ cup sparkling water or more to taste

Fresh roses for garnish (optional)

1. Combine rose water, lemon juice, honey and blood orange or pomegranate juice (if using) in a cocktail shaker. Fill with ice.
2. Shake until combined and then strain into a glass.
3. Pour in the sparkling water. Garnish with fresh roses (optional).

Makes approximately 1 serving.

PLUM AND THYME SMASH

- ½ cup sugar
- ½ cup water
- 6 thyme sprigs (plus garnish)
- 2 plums, peeled and chopped (plus garnish)
- 4 Tbsp. Thyme Simple Syrup (recipe below)
- 1 Lemon, juiced
- Ice, some crushed
- 1 bottle sparkling water

THYME SIMPLE SYRUP

1. Bring sugar and water to a boil. Remove from heat. Add thyme sprigs. Stir and let cool. Chill until ready to use.

MOCKTAIL

1. Muddle plums with Thyme Simple Syrup and lemon juice until all of the plum juices have been released. (Muddle in a glass if you prefer bits of fruit in your cocktail)
2. Shake with ice in a cocktail shaker. Pour over crushed ice evenly between two glasses. Top off with sparkling water. Garnish with plum slices and thyme sprigs. Serve immediately.

Makes approximately 2 servings.



MISTLETOE MOCKTAIL

- ¼ tsp. lime juice
- ½ tsp. honey
- 3 mint leaves
- Sparkling water
- 5 cranberries (3 for garnish)
- 1 sprig rosemary (for garnish)
- White sugar (for garnish)

1. Place mint leaves, 2 cranberries, honey and lime in a dish and use a muddler to mash and set aside.
2. Place mixture in the bottom of an 8 oz. glass. Fill ¾ of the glass with crushed ice. Add sparkling water to just below the rim.
3. Garnish with a sprig of rosemary and 3 cranberries.

Makes approximately 1 serving.

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