



Healthy Mocktails Ideas for Your Cleanse

Bases

Kombucha

Decaf herbal tea or a “pick me up” tea (green tea, yerba, mate...)

Mineral water

Fresh vegetable or fruit juice: citrus, celery, cucumber, beet, apple...

Super fruit juice concentrates: pomegranate, cherry, acai...

Chicken or beef bone broth (in the case of a virgin Bloody Mary-like drink)

Additions

Juice from fermented vegetables

Coconut water

Therapeutic herbal tinctures

Herbal bitters

Liquid, plain or flavored stevia

Garnishes

Citrus: lime, lemon, orange, grapefruit

Cucumber

Olives

Fresh herbs: mint, thyme, rosemary, basil...

Fermented vegetables

Bright Complexion Bloody Mary Mocktail

Add 4-5 oz. of bone broth, 2 medium, ripe tomatoes, a stalk of celery, a 4-5 in. section of cucumber, a handful of fresh parsley or cilantro, 1 oz. sauerkraut brine, the juice of half a lime, a couple dashes celery root bitters, & ¼ tsp of fresh horseradish to your blender. Blend until smooth, adding additional broth or brine as needed. Pour over ice & add Himalayan sea salt & fresh ground pepper to taste. Garnish with lime, olives, or pickled vegetables ;)

Mojito Cooler Mocktail

Muddle mint, lime & lime bitters in a tall glass. Add ice. Fill half with mojito flavored Kevita & add 1 oz. of coconut water. Top with mineral water & garnish with lime wheel or mint leaves.

Flying High Old Fashioned Mocktail

Muddle fresh or frozen organic cherries & a slice of organic orange in a short glass. Add ice. Fill half with yerba mate (we like Guayaki). Top with mineral water. Add a ½ tablespoon of unsweetened cherry juice & a few sprays/squirts of orange bitters. Stir & garnish with a slice of orange peel.

* Remember that yerba maté is stimulating so having it at night is not recommended.

Warming Winter “Hot Toddy” Mocktail

Start the kettle on the stove. Put the juice of a ¼ of a fresh lemon and 1 tsp of ginger syrup, elderberry syrup, or raw honey, in your favorite mug. Top with ¼ cup or so of hot water. Herbal bitters, tinctures, or a sprig of fresh herb, like rosemary, are optional. Stir and enjoy!

Therapeutic Herbal Tinctures

You can add any herbal tincture to any mocktail! The ones that we commonly use for a relaxing effect are passionflower, skullcap, chamomile, California poppy & holy basil. You might have to play with the dose to get the desired effect, but we usually use 1-2 droppersful in an evening mocktail.

During a cleanse you could add burdock, milk thistle, or dandelion to support your efforts. Glycerite tinctures provide a completely alcohol-free option. Cheers!