



**HEALTH & LADDERS**  
FIT FOR DUTY FIT FOR LIFE

## Mocktails

Created by Health & Ladders



# Mocktails

17 items

## Fruits

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- 1 cup Blackberries
- 2 2/3 tbsps Lime Juice
- 1/2 Navel Orange
- 1/4 cup Pomegranate Seeds
- 1/4 Seedless Watermelon

## Breakfast

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- 3 1/3 tbsps Maple Syrup

## Seeds, Nuts & Spices

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- 1/8 tsp Sea Salt

## Frozen

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- 1/2 cup Frozen Cranberries
- 23 Ice Cubes

## Vegetables

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- 1/4 cup Mint Leaves
- 1/2 oz Thyme Sprigs

## Cold

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- 1 3/4 cups Orange Juice
- 1/2 cup Pomegranate Juice

## Other

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- 1 cup Coconut Water
- 4 fl ozs Cranberry Juice
- 5 cups Sparkling Water
- 2 tbsps Water

# Mimosa Mocktail

3 ingredients · 5 minutes · 2 servings



## Directions

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1. Pour orange juice in a glass and top with sparkling water. Garnish with an orange slice. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

## Ingredients

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- 1 cup Orange Juice
- 1 cup Sparkling Water
- 1/4 Navel Orange (cut into wedges)

# Blackberry Smash Mocktail

7 ingredients · 10 minutes · 2 servings



## Directions

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1. In a shaker glass, muddle the blackberries with the water, maple syrup, lime juice, and mint, until smashed. Remove the mint.
2. Divide the ice cubes evenly between glasses.
3. Pour the blackberry mixture into the glasses and top with sparkling water. Garnish with mint. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately but can be refrigerated for up to three days.

### Less Texture

Strain the blackberry mixture before pouring.

### More Flavor

Use a flavored sparkling water.

## Ingredients

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- 1 cup Blackberries
- 2 tbsps Water
- 2 tbsps Maple Syrup
- 2 tsps Lime Juice
- 1/4 cup Mint Leaves (plus extra for garnish)
- 10 Ice Cubes
- 1 cup Sparkling Water

# Cranberry Orange Mocktail

7 ingredients · 5 minutes · 2 servings



## Directions

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1. Divide the ice cubes, cranberry juice, orange juice, and maple syrup into glasses. Stir to combine. Top each with sparkling water and cranberries. Garnish with orange slices. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the cranberries and ice.

### More Flavor

Add cinnamon sticks when ready to serve.

### No Frozen Cranberries

Use fresh cranberries.

## Ingredients

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- 4 Ice Cubes (large)
- 4 fl ozs Cranberry Juice
- 1/4 cup Orange Juice (freshly squeezed)
- 2 tsps Maple Syrup
- 1 cup Sparkling Water
- 1/2 cup Frozen Cranberries
- 1/4 Navel Orange (cut into wedges)

# Pomegranate Thyme Mocktail

6 ingredients · 5 minutes · 2 servings



## Directions

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1. Divide the pomegranate juice and maple syrup into glasses. Stir to combine. Add the ice then top each with sparkling water and pomegranate seeds. Garnish with thyme. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the pomegranate seeds and ice.

### More Flavor

Add lime or orange juice.

### No Thyme

Use fresh rosemary.

## Ingredients

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**1/2 cup** Pomegranate Juice

**2 tsps** Maple Syrup

**4** Ice Cubes (large)

**2 cups** Sparkling Water

**1/4 cup** Pomegranate Seeds

**1/2 oz** Thyme Sprigs

# Salty Orange Mocktail

4 ingredients · 3 minutes · 1 serving



## Directions

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1. Add all of the ingredients to a glass and stir to combine. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Additional Benefits

Add a scoop of collagen powder.

## Ingredients

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5 Ice Cubes

1/2 cup Orange Juice (freshly squeezed)

1/2 cup Coconut Water

1/16 tsp Sea Salt

# Blended Salty Watermelon Mocktail

4 ingredients · 3 minutes · 1 serving



## Directions

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1. Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Additional Benefits

Add a scoop of collagen powder.

## Ingredients

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**1/2 cup** Coconut Water

**1/4** Seedless Watermelon (small, chopped)

**2 tbsps** Lime Juice

**1/16 tsp** Sea Salt