Chocolate Moo

Ingredients

2 cups chocolate milk

1 cup vanilla nonfat frozen yogurt

1 cup ice

Protein Powder Boost (optional)

Instructions

Place ingredients into a blender and blend until a smooth consistency is achieved.

For the best results with easy clean up, we recommend using a NutriBullet Nutrition Extractor.

Cucumber Lime Lavender Spritzer

Ingredients

1/2 cup water 1/3 cup granulated sugar 1/4 cup loosely packed fresh mint leaves 1 tablespoon dried culinary lavender 4 cups chopped peeled cucumber (about 4 cucumbers) 2/3 cup fresh lime juice (from about 4 limes) 6 cups club soda Mint sprigs and lime wedges (optional)

How to Make It

Step 1

Combine 1/2 cup water and sugar in a saucepan. Bring to a boil over high, stirring until sugar dissolves. Remove from heat. Add mint leaves and lavender. Steep 12 minutes. Pour through a fine wire-mesh strainer into a bowl; discard solids. Cool completely, about 10 minutes.

Step 2

Combine cucumber and lime juice in a blender; process until smooth.

Step 3

Stir together mint-lavender syrup, cucumber-lime mixture, and club soda in a large pitcher. Serve over ice; garnish with mint sprigs and lime wedges, if desired.

Golden Glow Water

**INGREDIENTS**

* 1 cup water
* 1/2 teaspoon [**ground ginger**](http://l.thrv.me/HBH5675-thrive-market-ground-ginger)
* 1/2 teaspoon [**ground turmeric**](http://l.thrv.me/HBH6027-thrive-market-turmeric-powder)
* 1/2 teaspoon [**ground cayenne pepper**](http://l.thrv.me/HBH1992-thrive-market-cayenne-pepper)
* 2 teaspoons [**honey**](http://l.thrv.me/HBH5905-thrive-market-organic-raw-unstra)
* 1/2 teaspoon [**molasses**](http://l.thrv.me/HBH6412-wholesome-organic-molasses)
* juice of 1 lemon
* sparkling water or kombucha for topping

**INSTRUCTIONS**

1. In a glass jar, combine the water, ginger, turmeric, cayenne, honey, molasses, and lemon juice. Shake well to combine. Chill until ready to drink. Shake before serving.
2. Add ice to 2 glasses, pour over the water and top with sparkling water. Drink. Garnish with citrus slices and fresh mint.

Grapefruit Thyme Mocktail

### INGREDIENTS

* 1 cup granulated sugar
* 1 cup water
* 1/2 cup fresh thyme

## TO MAKE THE THYME SYRUP

### METHOD

#### STEP 1

Add sugar and water to a pot and bring to the boil. Switch back to a low heat and simmer for about 5 minutes until the sugar has dissolved. Remove from the heat.

#### STEP 2

Add the thyme and cover with the syrup. Allow to steep for 2-3 hours at room temperature.

#### STEP 3

Remove the thyme. Pour the syrup into a glass with a lid and refrigerate. Use within 1-2 weeks.

## FOR THE GRAPEFRUIT THYME MOCKTAIL

### INGREDIENTS

* 31/3 cups cold sparkling water
* 1/2 cup thyme syrup, recipe above
* 11/3 cups fresh grapefruit juice
* 2 cups ice cubes

## TO MAKE THE GRAPEFRUIT THYME MOCKTAIL

### METHOD

#### STEP 1

Fill ice cubes into glasses. Add 2 tablespoons thyme syrup to each glass and fill up with 1/3 cup grapefruit juice and approximately 3/4 cup sparkling water. Garnish with a slice of grapefruit and some thyme. Enjoy ice cold.

Honey Roasted Pear Sparkling Mocktail

### INGREDIENTS

[SEE MORE](https://eb2.3lift.com/pass?tl_clickthrough=true&redir=https%3A%2F%2Fcat.hk.as.criteo.com%2Fdelivery%2Fckn.php%3Fcppv%3D3%26cpp%3DVIMZGZnhi6BYUujo7bnYSLtOsTtONSuUCYhjNV_JILjkc2BiwVyFIrnx0su1WKblxeCu2P8KLch5yGcvW_XJl-FII6EJbFj1mEVJU8_vAOh2QgtQmcjEH_ADaXydCBwKCfHcELqdl5r071jqvqx2RefRxlhth7RiAnV3VFQGRB9nhVxg0AvGd2s6RJ4XzaoL2Z8iDr0AU6nXBe1GVBxpU4hsMTofdo-FlMTFoMjJqwKrrnGMLgoLpDr2gLkKj4q2kRIZOgI5e52UWShgIE73PFZ8NG-ppE3uhsPe8PgQSwC2BAIlpQagC0gu-MxTk_pMaypk1sEMwzwkSuGaaWojeQHFqskn7GhxBAWz3ird9Ws1VK9QUCGYbp6kUQ1g2CLjB68V-3aTnAbTFbKN-nd2TySCPUw%26maxdest%3Dhttps%253A%252F%252Fwww.konvy.com%252Fteam.php%253Fid%253D30188%2526utm_source%253DCriteo%2526utm_medium%253DProductFeed%2526utm_campaign%253DCriteoFeed20151124&bc=0.029&pr=0.023&brid=207004&bmid=2711&biid=2711&aid=133156400724187391740&bcud=29&sid=67922&ts=1603034634&cb=52768)

* 6 steckler pears or 1 lb pear sliced in half
* 1/4 to 1/3 c honey (divided)
* 1 tbsp balsamic vinegar
* 1/4 tsp cinnamon (divided)
* pinch of ground nutmeg
* 2 tbsp apple juice or water
* Pinch of ground clove
* 1 tsp vanilla
* 24–28 ounces sparkling wine, champagne, or sparking white grape juice
* Brown sugar or coconut palm sugar to coat rims of glasses (optional)
* Optional 1 ounce of vodka or whiskey (see notes for gluten free brands)
* Garnishes:
* Fresh thyme, sage, or rosemary

### INSTRUCTIONS

1. Preheat oven to 400F and line a baking sheet or grease it well. Slice your pears in halves or quarters. Remove the stems.
2. In a small bowl, whisk together 2 tbsp honey, 1 tbsp balsamic vinegar, 1/8 tsp cinnamon, and pinch of ground nutmeg. Brush this over the pears, evenly.
3. Place pears in oven for about 20 to 25 minutes, until soft and pears are browned on bottom. If you are using larger pears, they will take longer to roast. Steckler Pears take closer to 22 minutes.  
   Remove from oven. Once cooled, scoop out the seeds from the pears.
4. Place your honey roasted pears in a blender or food processor with vanilla and 2 tbsp juice or water. Blend until puréed.
5. Add puréed pears to large glass pitcher or glass serving bowl. Let it chill before serving.
6. Once ready to serve, add a pinch of ground clove, 3 to 4 more tablespoons of honey, 24-28 ounces sparkling white wine, champagne, or sparking white grape juice to the pitcher or bowl. Stir together. Optional 1 ounce of vodka if you would like the sparkling cocktails less sweet with a bolder liquor flavor.
7. Coat wine classes or cocktail classes in brown sugar or coconut sugar. Then pour 5- 6 ounces of the sparkling cocktail mix into each class.
8. Garnish with a sprig of thyme, sage, or rosemary (optional)

Rose Lemon Spritzer

### INGREDIENTS

SEE MORE

* 2 tablespoons rose water \* optional
* 2 tablespoons [**fresh lemon juice**](http://l.thrv.me/HBH5429-santa-cruz-organic-organic-pure-)
* 1 1/2-2 ounces vodka omit to make a mocktail!
* 1-2 tablespoon [**honey**](http://l.thrv.me/HBH5905-thrive-market-organic-raw-unstra) or to taste (use agave if vegan)
* a few drops of blood orange or pomegranate juice for color (optional)
* 3/4 cup sparkling water or more to taste
* fresh roses for garnish (optional)

### INSTRUCTIONS

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

Sparkling Pineapple Mojito Mocktail

### Ingredients

* 1-2 teaspoons agave
* 5-6 mint leaves
* 1 ounce light rum
* 3 ounces pineapple juice
* ice
* Voveti Prosecco to fill

#### Garnish

* slice of fresh pineapple
* extra mint leaf sprigs

### Instructions

* Place agave, mint leaves, and rum into a glass. Using a muddler or a wooden spoon, tamp down on the leaves to break them up a bit and release their flavor.
* Pour the pineapple juice over the mint rum mixture. Stir.
* Add ice to fill the glass.
* Pour [Voveti](http://clvr.li/2nnHkxl" \t "_blank) Prosecco over the ice. Repeat as necessary, as bubbles go down, to fill the glass.
* Enjoy and repeat!

Watermelon Cooler

Ingredients

550g/1lb 4oz watermelon, peeled, seeds removed, chopped

¼ lemon, juice only

fresh mint leaves, to serve

Method

Mash the watermelon in a bowl, then stir in the lemon juice.

Sieve the watermelon into a jug and press down gently on the pulp to extract all the juice.

Pour the juice into glasses filled with ice and garnish with the mint.