

# healthy summer drink guide

Try some of these delicious cocktail and mocktail recipes this summer when looking for a healthy celebratory drink to share with family & friends.



## CRANBERRY CRUSH COCKTAIL

**Prep time:** 3 mins **Serves:** 1  
**Calories per serve:** 119 (500 KJ)

- 1/2 cup cranberry juice (125 mls)
- 1/2 cup soda water (125 mls)
- 2 teaspoons lime juice (10 mls)
- 30 mls of vodka
- 1/2 cup ice cubes (none)

- Place all ingredients in a blender on high until pureed. Pour in a glass and serve.



## MOJITO SLUSHY COCKTAIL

**Prep time:** 5 mins **Serves:** 1  
**Calories per serve:** 67 (282 KJ)

- 1 tbsp mint leaves, chopped
- 1/2 cup soda water
- 2 tsp lime juice
- 30ml vodka
- 1/2 cup ice cubes

- Place all ingredients in a blender until ice is crushed.  
 - Pour in a glass and serve.



## BLUEBERRY BREEZE COCKTAIL

**Prep time:** 5 mins **Serves:** 1  
**Calories per serve:** 86 (360 KJ)

- 2 tbsp blueberries
- 2 tsp lemon juice
- 1/2 cup soda water
- 150ml sparkling wine

- Muddle the blueberry by squashing with the back of a fork.  
 - Combine with soda water and lemon juice in a serving glass.  
 - Top with sparkling wine to serve.



## WATERMELON MARGARITA COCKTAIL

**Prep time:** 5 mins **Serves:** 1  
**Calories per serve:** 111 cal (467 KJ)

- 1/2 cup watermelon (150 grams)
- 30 mls of orange liqueur e.g. Triple Sec
- 2 teaspoons lime juice (10 mls)
- 1/2 cup soda water (125 mls)

- Place watermelon in blender on high until smooth.  
 - Combine watermelon puree with orange liqueur, lime juice and soda water and serve.



## PASSIONFRUIT-PINEAPPLE MOCKTAIL

**Prep time:** 5 mins **Serves:** 1  
**Calories per serve:** 76 cal (319 KJ)

- 1/4 cup orange & passionfruit juice, no added sugar (62.5 mls)
- 1/4 cup pineapple juice, unsweetened (62.5 mls)
- 2 teaspoons lime juice (10 mls)
- 1 tablespoon reduced-fat coconut milk (20 mls)
- 1/2 cup ice cubes (none)

- Combine juices with coconut milk and pour over ice in a glass to serve.



## CHEERFUL MOCKTAIL

**Prep time:** 5 mins **Serves:** 1  
**Calories per serve:** 55 (233 KJ)

- 1/4 cup cranberry juice, no added sugar
- 1/4 cup orange juice, freshly squeezed
- 1/4 cup soda water
- 1/2 cup ice cubes
- 1 sliced orange

- Combine cranberry juice, orange juice, and soda water.  
 - Pour over ice and garnish the serving glass with an orange slice.