

COCONUT MINT REFRESHER

Yields: 1 8-ounce drink

Enjoy a refreshing drink with a splash of sweet and a hint of mint! This is a perfect hydrating drink for those looking to keep the sugar content lower, using electrolyte-filled coconut water and agave syrup, which has less of an impact on glucose levels.

Ingredients

3 ounces pineapple juice
3 ounces plain coconut water
2 ounces sparkling water
1 1/2 teaspoons agave syrup
2 fresh mint leaves

Handful of ice cubes

Directions

1. Combine the chilled pineapple juice, coconut water, sparkling water, agave syrup and mint leaves in a shaker with a handful of ice. Shake until combined.
2. Pour over ice if not used in shaker. Drink immediately.



FRUITY SUNSHINE FIZZ

Yields: 1 8-ounce drink

A fruity drink made with citrus flavors and just the right amount of tart from an influence of cranberries. Sparkling water adds a bit of fizz to really make this drink pop!



Ingredients

2 ounces cranberry juice
2 ounces lemonade
2 ounces orange juice
1 ounce sparkling water

Handful of ice cubes
Fresh or frozen cranberries to garnish

Directions

1. Combine the chilled cranberry juice, lemonade, orange juice and sparkling water in a shaker with a handful of ice. Shake until combined.
2. Pour over ice if not used in shaker. Garnish by adding fresh or frozen cranberries directly into drink. Drink immediately.

SPARKLING LEMON GINGER

Yields: 1 8-ounce drink

A traditional flavor pair of lemon and ginger come together in this sweeter drink that has a slight bite from ginger ale. Adding a little carbonated water makes for an extra sparkle!



Ingredients

3 1/2 ounces lemonade
3 1/2 ounces ginger ale
1 ounce sparkling water

Handful of ice cubes
Lemon slice as a garnish

Directions

1. Combine the chilled lemonade, ginger ale and sparkling water in a shaker with ice. Shake until combined.
2. Pour over ice if not used in shaker. Drink immediately.