

# Summer Sips-

*A Holistic Twist on Fun in the Sun*

RAISE A GLASS TO FEELING GOOD TOMORROW!



# Strawberry Basil Lemonade

*Batched Mocktail*

*Serves 12*

## INGREDIENTS

### SYRUP

- 20 basil leaves
- 20 strawberries, chopped
- 4-5 tbsp raw honey
- 1 ½ cups water

### LEMONADE BASE

- 6 lemons, juiced (1 cup)
- 8 cups water
- Ice
- Sliced strawberries & lemons for garnish



## METHOD

1. Combine all syrup ingredients in a small pot and bring to a gentle boil and simmer for 10 mins. Strain and set aside.
2. Add lemon juice, water and cooled syrup to your pitcher over ice.
3. Stir to combine, then garnish
4. Option: muddle a few basil leaves at the bottom of your glass before serving!

# Watermelon Mint Margarita

Makes 2-3 servings

## INGREDIENTS

- 3 cups frozen watermelon
- Juice of 1 lime
- 6-8 mint leaves
- 1-2 tbsp honey simple syrup
- Splash of coconut water



## METHOD

1. Make simple syrup by heating equal parts honey and water in a small sauce pan, stir until fully dissolved.
2. Let simple syrup cool
3. Combine all ingredients into a blender
4. Blend until smooth and slushy
5. Garnish with mint & enjoy!

# Thyme & Honey Spritz

Makes 2-3 servings

## INGREDIENTS

- 1 cup thyme tea
- 1-2 tbsp honey simple syrup
- 1 inch piece of fresh ginger, peeled
- Juice of  $\frac{1}{2}$  a lemon
- Sparkling water
- Ice

## METHOD

1. Brew the tea and allow it to cool
2. Make simple syrup by heating equal parts honey and water in a small sauce pan, stir until fully dissolved.
3. Once the syrup has cooled, combine tea, simple syrup, and lemon juice.
4. Pour over ice
5. Top with sparkling water
6. Garnish with fresh thyme and a lime wheel



# Blueberry Lavender Mojito

Makes 2-3 servings

## INGREDIENTS

- 1 cup blueberries
- 8-10 mint leaves
- Juice of 1 lime
- 1-2 tbsp honey simple syrup
- 1 tbsp lavender syrup
- Sparkling water
- Ice



## METHOD

1. Make simple syrup by heating equal parts honey and water in a small sauce pan, stir until fully dissolved. Set aside to cool.
2. In a tall glass, muddle blueberries and mint.
3. Add ice
4. Add lime juice, simple syrup, and lavender syrup
5. Top with sparkling water and stir gently.
6. Garnish with mint

# Minty Lemonada

Makes 3-4 servings

## INGREDIENTS

- $\frac{3}{4}$  cup lemon juice
- $\frac{1}{3}$  cup honey simple syrup
- 8-10 mint leaves
- 4 cups water
- Ice



## METHOD

1. Make simple syrup by heating equal parts honey and water in a small sauce pan, stir until fully dissolved. Set aside to cool.
2. In a glass of your choice, muddle the mint, then add ice,
3. Stir in lemon juice and simple syrup.
4. Add water and chill
5. Alternatively add sparkling water for a fizzy twist.
6. Garnish with a lemon wheel or sprig of mint.

# White Peach Sangria

Makes 4 servings

## INGREDIENTS

- 2 white peaches, sliced
- 1 orange, sliced
- 1 lemon, sliced
- 2 cups white grape juice
- 2 cups sparkling water
- Ice
- Thinly sliced peaches, strawberries & raspberries for garnish



## METHOD

1. Combine all ingredients in a pitcher and chill so the flavors can blend.
2. When ready to serve, add ice to a fun glass.
3. Garnish with peach slices, raspberries, strawberries and orange wheels.

# Golden Hour Glow

Makes 1 serving

## INGREDIENTS

- 12 oz cold sparkling water
- 1 serving Minerals & Chill (*tropical*)
- 1–2 tbsp passionfruit juice
- 1 tbsp mango puree
- Ice



## METHOD

1. Add Minerals & Chill to sparkling water and stir gently until dissolved
2. Add passionfruit juice and mango puree.
3. Serve over plenty of ice
4. Alternatively: *if passionfruit juice is difficult to source*, mix Minerals & Chill with still water and top off with Olipop Tropical Punch and a splash of coconut water.

# Hibiscus Citrus Iced Tea

*Batched mocktail  
Makes 8-10 servings*

## INGREDIENTS

- ½ cup dried hibiscus flowers
- 8 cups hot water
- 3-4 tbsp honey
- Juice of 1-2 limes
- Ice



## METHOD

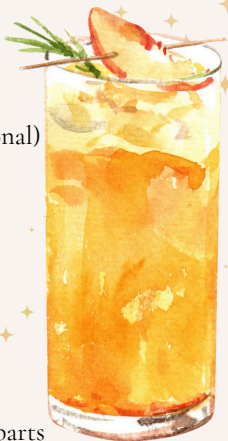
1. Steep hibiscus in hot water for 10-15 minutes.
2. Strain into a large pitcher
3. Stir in honey and lime juice.
4. Chill until ready to serve.
5. Serve over ice.
6. Garnish with mint or a lime wheel.

# Ginger Peach Fizz

Makes 2-3 servings

## INGREDIENTS

- 1 cup peach puree
- ½ tsp fresh grated ginger
- Juice of ½ lemon
- 1-2 tbsp honey simple syrup (optional)
- Sparkling water
- Ice
- Thinly sliced peaches if garnishing



## METHOD

1. Make simple syrup by heating equal parts honey and water in a small sauce pan, stir until fully dissolved. Set aside to cool.
2. To a fun glass add ice.
3. Add peach puree, ginger, lemon juice, and simple syrup.
4. Top with sparkling water
5. Garnish with peach slices and raspberries
6. For a cool treat try it frozen by blending with ice

# Summer Sip & Chill

Makes 1 serving

## INGREDIENTS

- 1 packet Minerals & Chill (berry)
- 12 oz cold water
- 1 tbsp peach puree
- 5-6 raspberries
- Splash of lemon juice
- Ice
- Extra berries for garnish



## METHOD

1. Lightly muddle raspberries in a glass, then add ice.
2. Separately, stir Minerals & Chill into cold water until fully dissolved.
3. Add to the glass along with peach puree and lemon juice.
4. Option to stir or leave layers for photo ops
5. Top with a splash of sparkling water or coconut water if desired.



LIFESTYLE & WELLNESS

# Helios Holistic