



# CHEF V'S SUMMER MOCKTAILS

Here are my favorite mocktail recipes. A mocktail is an alcohol free drink and is great for pregnant women or anyone who just wants a refreshing cocktail minus the alcohol. So cooling on a hot summer day!.- Veronica

## MOSCOW MULE serves 1

### INGREDIENTS

- 8-12 oz. sparkling water
- 1 tbsp. lime juice
- 1 tbsp. lemon juice
- 1 tbsp. grated ginger
- 1 cup ice



### DIRECTIONS

Combine lime, lemon juice and ginger in your mug (copper is best). Add ice and sparkling water.

## BLACKBERRY MOJITO serves 1

### INGREDIENTS

- 8-12 oz. sparkling water
- 3-4 organic blackberries
- 2 organic lime slices (save one for garnish)
- 4-5 mint leaves
- Half a glass of ice

### DIRECTIONS

In a glass of your choice, or in a cocktail mixer, muddle the blackberries, mint and 1 of the lime slices together. Fill the glass halfway with ice and add sparkling water. Garnish with lime slice or mint.

## SPICY MARGARITA serves 1

### INGREDIENTS

- 8-12 oz. sparkling water
- 1/4 cup lime juice
- 1 cup of ice
- 1 tsp. organic sea salt
- 1/8 tsp. cayenne pepper
- 1 lime slice for garnish

### DIRECTIONS

Pour the salt and cayenne in a shallow dish that will fit the cup rim. Rub the lime slice around the rim of your cup and dip the cup into the salt mix. Fill the cup with ice and sparkling water. Garnish with a lime slice on the rim.

## CUCUMBER COOLER serves 4-6

### INGREDIENTS

- 1 organic cucumber, skinned and thinly sliced
- 6 cups filtered water
- 2 lemons, sliced
- Ice (per serving)

### DIRECTIONS

In a large pitcher, add cucumber slices, water, and lemon (you can also add mint or basil for extra flavors). Leave the pitcher in the refrigerator overnight (try to get at least 4 hours) to marinate. Add ice to cups and pour cucumber cooler in cups to serve. Garnish with sliced cucumber.

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