



EMBER
NUTRITION & TRAINING

February Self-Love Mocktail Recipes

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Pomegranate Thyme Mocktail

2 servings

5 minutes

Ingredients

1/2 cup Pomegranate Juice
 2 tsp Maple Syrup
 4 Ice Cubes (large)
 2 cups Sparkling Water
 1/4 cup Pomegranate Seeds
 1/2 oz Thyme Sprigs

Nutrition

Amount per serving	
Calories	73
Fat	0g
Carbs	18g
Fiber	2g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	12mg
Vitamin A	337IU
Vitamin C	13mg
Calcium	69mg
Iron	1mg

Directions

1

Divide the pomegranate juice and maple syrup into glasses. Stir to combine. Add the ice then top each with sparkling water and pomegranate seeds. Garnish with thyme. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the pomegranate seeds and ice.

More Flavor: Add lime or orange juice.

No Thyme: Use fresh rosemary.



Lemon Ginger Tea

2 servings

10 minutes

Ingredients

- 2 1/2 cups Water
- 3 tbsps Ginger (peeled, sliced)
- 1/2 Lemon

Nutrition

Amount per serving	
Calories	10
Fat	0g
Carbs	2g
Fiber	0g
Sugar	0g
Protein	0g
Cholesterol	0mg
Sodium	7mg
Vitamin A	1IU
Vitamin C	5mg
Calcium	32mg
Iron	0mg

Directions

- 1 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 2 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size: One serving equals approximately 2 cups.

More Flavor: Add mint leaves, honey or your sweetener of choice.

Enjoy it Cold: Add ice cubes.



Strawberry Basil Agua Fresca

2 servings

5 minutes

Ingredients

2 cups Strawberries (stems removed, plus more for garnish)
2 cups Water
1 Lime (juiced)
1 tbsp Maple Syrup
2 tbsps Basil Leaves
12 Ice Cubes

Nutrition

Amount per serving	
Calories	78
Fat	0g
Carbs	20g
Fiber	3g
Sugar	13g
Protein	1g
Cholesterol	0mg
Sodium	8mg
Vitamin A	168IU
Vitamin C	92mg
Calcium	65mg
Iron	1mg

Directions

- 1 Add the strawberries, water, lime juice, maple syrup, and basil to a blender and blend until smooth.
- 2 Divide the ice cubes into cups. Pour the blended beverage into cups and enjoy!

Notes

Leftovers: Refrigerate in a glass bottle or pitcher for up to three days.

No Maple Syrup: Use raw honey or coconut sugar.

Make it Sparkling: Use some sparkling water to top off your agua fresca.

Make it Smoother: Strain before serving.



Classic Virgin Mojito

4 servings

10 minutes

Ingredients

2 tbsps Maple Syrup
1/2 cup Mint Leaves
15 Ice Cubes
2 tbsps Lime Juice
1 1/4 quarts Soda Water

Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	8g
Fiber	0g
Sugar	6g
Protein	0g
Cholesterol	0mg
Sodium	65mg
Vitamin A	140IU
Vitamin C	3mg
Calcium	34mg
Iron	0mg

Directions

- 1 Add all of the ingredients into a pitcher, adding the soda water last. Gently stir until everything is mixed well.
- 2 Divide between glasses and enjoy!

Notes

Leftovers: Refrigerate in the pitcher with a lid for up to two days. To ensure a fizzy drink, add more soda water just before serving.

More Flavor: Muddle the mint before adding the rest of the ingredients into the pitcher. Add frozen fruit to the glasses as ice cubes.



Lemon Water

1 serving

5 minutes

Ingredients

2 cups Water (hot or cold)

1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	3
Fat	0g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	0g
Cholesterol	0mg
Sodium	10mg
Vitamin A	1IU
Vitamin C	5mg
Calcium	48mg
Iron	0mg

Directions

- 1 Combine water and lemon juice in a glass. Enjoy!

Notes

Likes it Fizzy: Make it with sparkling water.

More Flavour: Garnish with extra lemon slices.



Raspberry Chia Fresca

2 servings

15 minutes

Ingredients

- 1 cup Water
- 1/4 cup Chia Seeds
- 3 cups Coconut Water
- 1/2 cup Frozen Raspberries
- 2 tbsps Lemon Juice (optional)

Nutrition

Amount per serving	
Calories	202
Fat	8g
Carbs	31g
Fiber	10g
Sugar	17g
Protein	5g
Cholesterol	0mg
Sodium	103mg
Vitamin A	27IU
Vitamin C	48mg
Calcium	200mg
Iron	2mg

Directions

- 1 Stir the water and chia seeds together. Let thicken for 10 minutes.
- 2 Add the coconut water, raspberries, lemon juice, and chia mixture into a blender. Blend until well incorporated. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add a sprinkle of cinnamon and a sweetener of your choice.

No Coconut Water: Omit and replace with water instead.



Blueberry Orange Sparkling Water

2 servings

5 minutes

Ingredients

- 1/2 cup Blueberries
- 1 Clementines (peeled and sectioned)
- 6 Ice Cubes
- 3 cups Sparkling Water

Nutrition

Amount per serving	
Calories	38
Fat	0g
Carbs	10g
Fiber	2g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	8mg
Vitamin A	20IU
Vitamin C	22mg
Calcium	49mg
Iron	0mg

Directions

1

Divide blueberries and clementines into mason jars or glasses then use a spoon to gently crush the fruit. Add ice, then pour sparkling water over top. Enjoy!

Notes

No Sparkling Water: Use flat water instead.

Switch it Up: Swap out the blueberries for blackberries, strawberries or raspberries.