



WELLNESS ELIXIRS & MOCKTAILS

We consume a ton of sugar and cancer-causing ingredients in the beverages we drink. Use these recipes as replacements for your morning coffee, your sugary-drink substitute or your evening cocktail.

LEMON-GINGER TEA

Simply heat filtered water on the stove (just say no to the microwave). Once boiling remove from heat, squeeze in the juice of 1 lemon and 2 small chunks of peeled, fresh ginger. Allow to steep for 5 minutes and enjoy!

This is absolutely the best way to start your day. It's a bonus that's yummy, anti-inflammatory, and gives you the warm-and-fuzzies.

Pro Tip: For sustained energy throughout the day, wait 20 minutes and then blend and drink a fiber-fueled green smoothie.

MAMA'S NEEDED MOCKTAIL

You have a few options, from easy to a little more intricate.

CALMING CACAO

This is the perfect evening elixir to send you off to a night of restorative sleep.

- 2 tsp cacao powder (not cocoa)
- 1/2 tsp ashwagandha
- 1/4 tsp cinnamon
- 1 TBSP maple or date syrup
- 12 oz filtered

Heat the filtered water on your stovetop. Add in all of your powders and stir continuously with a whisk to fully incorporate. Once incorporated, drizzle in your maple or date syrup.

Remove from heat once warmed to the appropriate temperature (it doesn't need to boil), and enjoy!

Easy: Have low sugar, organic kombucha on hand. We love the Goji Grape & Passionfruit flavors from Mother's Kombucha. It gives you the same satisfaction as a cocktail without all the calories.

More Involved: Use the Mother's Kombucha Aguabucha with fresh fruit, mint and maple syrup muddled into the bottom of the glass. Top with ice and Aguabuch and enjoy.

The Healthiest Cocktail: Use cold-pressed juice from Veg'n Out. Sunkissed or Blissed Out are the perfect cocktail mixer. It's raw and full of vitamins and minerals.

You can find Mother's Kombucha & Aguabucha at Publix and Veg'n Out.