

# A Mocktail for Every Mood:

## Using Adaptogens for optimal effect





## **Meditative Matcha Mint Cooler**

Ingredients: 1 tsp matcha green tea powder (contains caffeine and L-Theanine), 1 cup cold water, 1/4 cup fresh mint leaves, ice.

Recipe: Mix matcha powder with cold water until fully dissolved. Add fresh mint leaves, stir well, and pour over ice for a refreshing, meditative drink.

## **Calming Cherry Spritzer**

Ingredients: 1/2 cup tart cherry juice (rich in natural melatonin and L-Tryptophan), 1/2 cup sparkling water, ice.

Recipe: Mix tart cherry juice with sparkling water. Serve over ice for a low-sugar, relaxing drink.

## **Ginger Lime Sparkler**

Ingredients: 1/2 cup fresh lime juice, 1/2 cup sparkling water, 1 tsp grated fresh ginger, ice.

Recipe: Combine fresh lime juice and grated ginger. Top with sparkling water and serve over ice for a mood-boosting and socializing mocktail.

## **Stress-Free Berry Infusion**

Ingredients: 1/2 cup mixed berry juice, 1/2 tsp Rhodiola Rosea extract, 1/2 cup water, ice.

Recipe: Mix berry juice with Rhodiola Rosea extract until well combined. Add water and serve over ice for an energizing and stress-resisting drink.



## **Serotonin Boost Smoothie**

Ingredients: 1/2 banana, 1 cup unsweetened almond milk, 1 tsp 5-HTP powder, ice.

Recipe: Blend banana, almond milk, and 5-HTP powder until smooth. Serve over ice for a serotonin-boosting smoothie that enhances mood and sleep.

## **Emotional Stability Elixir**

Ingredients: 1 cup chamomile or peppermint tea (chilled), 1/2 tsp gentian root extract, ice.

Recipe: Brew chamomile or peppermint tea and let it cool. Add gentian root extract, stir well, and serve over ice for improved emotional stability and memory.

## **Ashwagandha Coconut Refresher**

Ingredients: 1 cup coconut water, 1/2 tsp ashwagandha powder, ice.

Recipe: Mix coconut water with ashwagandha powder. Serve over ice for a refreshing drink that boosts energy and reduces stress.

## **Life Source Citrus Delight**

Ingredients: 1/2 cup grapefruit juice, 1/2 tsp schisandra extract, 1/2 cup sparkling water, ice.

Recipe: Combine grapefruit juice with schisandra extract. Add sparkling water and serve over ice for a mood-lifting and stress-reducing mocktail.





## **Passion Flower Peace**

Ingredients: 1/2 cup passion fruit juice, 1/2 tsp passion flower extract, 1/2 cup sparkling water, ice.

Recipe: Mix passion fruit juice with passion flower extract. Add sparkling water and serve over ice for a restorative drink that boosts GABA levels and calms the mind.

## **Green Tea Ginseng Glow**

Ingredients: 1 cup brewed green tea (chilled), 1/2 tsp ginseng extract, ice.

Recipe: Brew green tea and let it cool. Mix with ginseng extract, then serve over ice for an energy-boosting and anti-anxiety drink.

## **Tropical GABA Calming Cooler**

Ingredients: 1/2 cup pineapple juice, 1/2 tsp GABA powder, 1/2 cup water, ice.

Recipe: Mix pineapple juice with GABA powder until dissolved. Add water and serve over ice for a mood-boosting, socializing drink.

## **Joyful Citrus Burst**

Ingredients: 1/2 cup grapefruit juice, 1/2 tsp Rhodiola Rosea extract, 1/2 cup water, ice.

Recipe: Mix grapefruit juice with Rhodiola Rosea extract. Add water and serve over ice for an invigorating and stress-relieving mocktail.





## **Turmeric Coconut Smoothie**

Ingredients: 1/2 banana, 1 cup unsweetened coconut milk, 1/2 tsp turmeric powder, ice.

Recipe: Blend banana, coconut milk, and turmeric powder until smooth. Serve over ice for an anti-inflammatory and rejuvenating smoothie.

## **Lavender Lemon Bliss**

Ingredients: 1 cup lavender tea (chilled), 1 tbsp lemon juice, ice.

Recipe: Brew lavender tea and let it cool. Mix with lemon juice and serve over ice for a calming and soothing mocktail.

## **Minty Matcha Refresher**

Ingredients: 1 tsp matcha green tea powder (contains caffeine and L-Theanine), 1 cup cold water, 1/4 cup fresh mint leaves, ice.

Recipe: Mix matcha powder with cold water until fully dissolved. Add fresh mint leaves, stir well, and pour over ice for a refreshing, meditative drink.

## **Holy Basil Lime Fizz**

Ingredients: 1 cup holy basil tea (chilled), 1 tbsp lime juice, 1/2 cup sparkling water, ice.

Recipe: Brew holy basil tea and let it cool. Mix with lime juice, add sparkling water, and serve over ice for a stress-relieving and refreshing drink.



## **Blueberry Ashwagandha Smoothie**

Ingredients: 1/2 cup blueberries, 1 cup unsweetened almond milk, 1/2 tsp ashwagandha powder, ice.

Recipe: Blend blueberries, almond milk, and ashwagandha powder until smooth. Serve over ice for a mood-lifting and stress-reducing smoothie.

## **Cordyceps Citrus Tonic**

Ingredients: 1/2 cup orange juice, 1/2 tsp cordyceps mushroom powder, 1/2 cup water, ice.

Recipe: Mix orange juice with cordyceps mushroom powder until dissolved. Add water and serve over ice for an energy-boosting and stamina-enhancing tonic.

## **Reishi Relaxation Elixir**

Ingredients: 1 cup chamomile tea (chilled), 1/2 tsp reishi mushroom powder, ice.

Recipe: Brew chamomile tea and let it cool. Mix with reishi mushroom powder, then serve over ice for a calming and sleep-promoting drink.

## **Chaga Antioxidant Boost**

Ingredients: 1/2 cup pomegranate juice, 1/2 tsp chaga mushroom powder, 1/2 cup water, ice.

Recipe: Mix pomegranate juice with chaga mushroom powder until dissolved. Add water and serve over ice for a powerful antioxidant and immune-boosting mocktail.





## **Gentian Root Citrus Punch**

Ingredients: 1/2 cup orange juice, 1/2 tsp gentian root extract, 1/2 cup water, ice.

Recipe: Mix orange juice with gentian root extract. Add water and serve over ice for an emotionally stabilizing and memory-enhancing drink.

## **Lemon Balm Calm**

Ingredients: 1 cup lemon balm tea (chilled), 1 tbsp lemon juice, ice.

Recipe: Brew lemon balm tea and let it cool. Mix with lemon juice, then serve over ice for a calming and anxiety-reducing mocktail.

## **Berry Bliss with Damiana**

Ingredients: 1/2 cup mixed berry juice, 1/2 tsp damiana extract, 1/2 cup water, ice.

Recipe: Mix berry juice with damiana extract. Add water and serve over ice for a mood-enhancing and energizing mocktail.

## **Tropical Turmeric Twist**

Ingredients: 1/2 cup pineapple juice, 1/2 tsp turmeric powder, 1 tbsp lime juice, ice.

Recipe: Mix pineapple juice with turmeric powder and lime juice. Serve over ice for an anti-inflammatory and rejuvenating drink.



## Peppermint Passion

Ingredients: 1 cup peppermint tea (chilled), 1/2 tsp passion flower extract, ice.

Recipe: Brew peppermint tea and let it cool. Mix with passion flower extract, then serve over ice for a restorative and calming mocktail.

## Ginger Pear Punch

Ingredients: 1/2 cup pear juice, 1 tsp grated fresh ginger, 1 tbsp lemon juice, ice.

Recipe: Mix pear juice with grated ginger and lemon juice. Serve over ice for an uplifting and mood-boosting drink.

## Rhodiola Raspberry Refresher

Ingredients: 1/2 cup raspberry juice, 1/2 tsp Rhodiola Rosea extract, 1/2 cup water, ice.

Recipe: Mix raspberry juice with Rhodiola Rosea extract. Add water and serve over ice for an energizing and stress-resisting drink.

## Cinnamon Spice Delight

Ingredients: 1 cup apple cider, 1/2 tsp ground cinnamon, ice.

Recipe: Mix apple cider with ground cinnamon. Serve over ice for a comforting and antioxidant-rich drink.





## **Turmeric Ginger Glow**

Ingredients: 1/2 cup carrot juice, 1/2 tsp turmeric powder, 1 tsp grated fresh ginger, ice.

Recipe: Mix carrot juice with turmeric powder and grated ginger. Serve over ice for an anti-inflammatory and mood-boosting mocktail.

## **Berry Beet Bliss**

Ingredients: 1/2 cup beet juice, 1/2 cup mixed berry juice, ice.

Recipe: Mix beet juice with mixed berry juice. Serve over ice for a nutrient-rich and energizing drink.

## **Mint Green Tea Cooler**

Ingredients: 1 cup green tea (chilled), 1/4 cup fresh mint leaves, 1 tbsp lemon juice, ice.

Recipe: Brew green tea and let it cool. Mix with fresh mint leaves and lemon juice, then serve over ice for an energizing and calming drink.

## **Holy Basil Berry Blast**

Ingredients: 1 cup holy basil tea (chilled), 1/2 cup mixed berry juice, ice.

Recipe: Brew holy basil tea and let it cool. Mix with mixed berry juice, then serve over ice for a stress-relieving and mood-boosting mocktail.



## **Frosted Peach Breeze**

Ingredients: 1 cup sparkling water, 1/4 cup fresh peach puree (unsweetened), 2–3 fresh thyme sprigs, Ice cubes

Recipe: Combine sparkling water, fresh peach puree, and thyme sprigs in a glass. Add ice cubes and stir gently. Serve chilled.

## **Sparkling Cranberry Lime Twist**

Ingredients: 1 cup sparkling water, 1/4 cup unsweetened cranberry juice, 2 tbsp freshly squeezed lime juice, Ice cubes

Recipe: Mix sparkling water with cranberry juice and lime juice in a glass. Add ice cubes and stir well. Serve immediately.

## **Citrus Basil Refresher**

Ingredients: 1 cup sparkling water, 1/4 cup freshly squeezed orange juice, 2 tbsp freshly squeezed lemon juice, 2–3 fresh basil leaves, 1 tsp butterfly pea flower powder (optional), Ice cubes

Recipe: In a glass, combine sparkling water, orange juice, lemon juice, and basil leaves. Optionally, add butterfly pea flower powder for color-changing effects. Add ice cubes and stir gently. Enjoy!

## **Minty Melon Splash**

Ingredients: 1 cup sparkling water, 1/4 cup fresh honeydew melon juice (unsweetened), 3–4 fresh mint leaves, Ice cubes

Recipe: Pour sparkling water into a glass. Add fresh honeydew melon juice and mint leaves. Mix gently and add ice cubes. Serve chilled.





## **Strawberry Rose Spritz**

Ingredients: 1 cup sparkling water, 1/4 cup fresh strawberry puree (unsweetened), 1 tsp rose water (unsweetened), Ice cubes

Recipe: Combine sparkling water, fresh strawberry puree, and rose water in a glass. Add ice cubes and stir well. Serve immediately.

## **Blueberry Lavender Elixir**

Ingredients: 1 cup sparkling water, 1/4 cup fresh blueberry puree (unsweetened), 1 tsp lavender syrup (sugar-free), Ice cubes

Recipe: Mix sparkling water with blueberry puree and lavender syrup in a glass. Add ice cubes and stir gently. Enjoy!

## **Raspberry Lemon Verbena Cooler**

Ingredients: 1 cup sparkling water, 1/4 cup fresh raspberry puree (unsweetened), 2 tbsp freshly squeezed lemon juice, 2–3 fresh lemon verbena leaves, Ice cubes

Recipe: In a glass, combine sparkling water, raspberry puree, lemon juice, and lemon verbena leaves. Add ice cubes and stir well. Serve chilled.

## **Tropical Pineapple Sage Sipper**

Ingredients: 1 cup sparkling water, 1/4 cup fresh pineapple juice (unsweetened), 2–3 fresh sage leaves, Ice cubes

Recipe: Pour sparkling water into a glass. Add fresh pineapple juice and sage leaves. Mix gently and add ice cubes. Serve chilled.



## **Cucumber Mint Mojito**

Ingredients: 1 cup sparkling water, 1/4 cup fresh cucumber juice (unsweetened), 2 tbsp freshly squeezed lime juice, 3–4 fresh mint leaves, Ice cubes

Recipe: Combine sparkling water, cucumber juice, lime juice, and mint leaves in a glass. Add ice cubes and stir gently. Enjoy your refreshing mocktail!

## **Apple Ginger Zinger**

Ingredients: 1 cup sparkling water, 1/4 cup freshly squeezed apple juice (unsweetened), 1 tsp grated fresh ginger, Ice cubes

Recipe: Mix sparkling water with apple juice and grated ginger in a glass. Add ice cubes and stir well. Serve chilled.

## **Chia Strawberry Cucumber Refresher**

Ingredients: chopped strawberries, a peeled and chopped cucumber, chia seeds, water, honey or agave syrup (optional), ice cubes, and fresh mint leaves for garnish.

Recipe: Blend together the strawberries, cucumber, chia seeds, water, and sweetener if using until you get a smooth mixture. Strain the blended mixture through a fine-mesh sieve into a pitcher to remove any pulp and seeds.

Chill the strained mixture in the refrigerator for at least 30 minutes. When ready to serve, fill glasses with ice cubes and pour the chilled mocktail over the ice. Garnish each glass with fresh mint leaves if desired. Stir gently before drinking to distribute the chia seeds evenly throughout the mocktail.

