25 Mocktails Under 50 Calories

Refreshing, fun, and completely on track — because enjoying the ritual shouldn't slow your results.

Citrus & Herbal

Citrus Sparkler

Calories: ~10 Ingredients

- Sparkling water
- Squeeze of lime
- 1 orange slice

Instructions

Pour sparkling water over ice, add lime juice, and garnish with an orange slice.

Lemon-Mint Spritz

Calories: ~15 Ingredients

- Sparkling water
- 2-3 lemon slices
- Handful fresh mint leaves

Instructions

Muddle mint in a glass, add lemon slices, and top with sparkling water.

Rosemary Grapefruit Fizz

Calories: ~25 Ingredients

- Sparkling water
- 1 grapefruit wedge
- 1 rosemary sprig

Instructions

Squeeze grapefruit into sparkling water, then drop in the wedge and rosemary sprig.

V Lavender Lemon Spritz

Calories: ~15 Ingredients

- Sparkling water
- 2 lemon slices
- 1–2 drops lavender extract or a sprig of lavender

Instructions

Add lemon and lavender to sparkling water, let steep 2–3 minutes before sipping.

← Minty Mojito Mocktail

Calories: ~20 Ingredients

- Sparkling water
- Handful fresh mint leaves
- Juice of ½ lime

Instructions

Muddle mint, add lime juice, and top with sparkling water.

Fruity & Refreshing

Berry Fizz

Calories: ~20 Ingredients

- Sparkling water
- 2–3 strawberries or blueberries, muddled
- Fresh mint sprig

Instructions

Muddle berries and mint, then pour sparkling water over top.

4 Blueberry Basil Refresher

Calories: ~20 Ingredients

- Sparkling water
- ¼ cup blueberries, muddled

• Fresh basil leaves

Instructions

Muddle blueberries and basil, then top with sparkling water.

Watermelon Mint Cooler

Calories: ~25 Ingredients

- ½ cup watermelon chunks, blended or muddled
- Sparkling water
- Fresh mint

Instructions

Blend or muddle watermelon, pour sparkling water over, and garnish with mint.

Tropical Twist

Calories: ~30 Ingredients

- Sparkling water
- 1 Tbsp pineapple juice
- 1 lime wedge

Instructions

Stir pineapple juice into sparkling water, squeeze lime wedge on top.

Mango Lime Spritz

Calories: ~30 Ingredients

- Sparkling water
- 1 Tbsp mango purée
- Squeeze of lime

Instructions

Mix mango purée and lime juice into sparkling water, serve chilled.



Cucumber Cooler

Calories: ~15 Ingredients

- Sparkling water
- 4-5 cucumber slices
- Squeeze of lemon
- Fresh basil leaves

Instructions

Layer cucumber and basil in glass, then add sparkling water and lemon juice.

Garden Tonic

Calories: ~20 Ingredients

- Sparkling water
- Splash of diet tonic water
- Cucumber slices
- Fresh mint leaves

Instructions

Mix sparkling water with tonic, garnish with cucumber and mint.

Crisp Cucumber Apple

Calories: ~25 Ingredients

- Sparkling water
- ¼ cup grated green apple
- 3–4 cucumber slices

Instructions

Add apple and cucumber to sparkling water, stir gently.

Spiced & Zesty



Calories: ~20 Ingredients

- Sparkling water
- Splash of diet ginger beer
- 1 lime wedge

Instructions

Mix sparkling water with ginger beer, squeeze lime on top.

Cinnamon Apple Spritz

Calories: ~25 Ingredients

- ½ cup unsweetened apple tea, chilled
- ½ cup sparkling water
- 1 cinnamon stick

Instructions

Combine tea and sparkling water, stir with cinnamon stick.

Chili-Lime Kick

Calories: ~15 Ingredients

- Sparkling water
- Juice of ½ lime
- Tiny pinch of chili powder

Instructions

Stir lime juice into sparkling water, then sprinkle lightly with chili powder.

Spiced Apple Fizz

Calories: ~30 Ingredients

- Sparkling water
- 1 Tbsp unsweetened apple cider
- Dash cinnamon + nutmeg

Instructions

Stir apple cider and spices into sparkling water, serve over ice.

Ginger Peach Sparkler

Calories: ~25 Ingredients

- Sparkling water
- 1 Tbsp unsweetened peach nectar
- Splash of diet ginger ale

Instructions

Mix peach nectar with ginger ale, then top with sparkling water.

Tea & Fruit Blends

Peach Iced Tea Spritz

Calories: ~25 Ingredients

- ½ cup unsweetened peach herbal tea, chilled
- ½ cup sparkling water
- Peach slice

Instructions

Combine tea and sparkling water, garnish with peach slice.

Mibiscus Iced Spritz

Calories: ~20 Ingredients

- ½ cup unsweetened hibiscus tea, chilled
- ½ cup sparkling water
- 1 lime slice

Instructions

Mix hibiscus tea and sparkling water, garnish with lime.

Green Tea Cooler

Calories: ~15 Ingredients

- 1/2 cup chilled brewed green tea
- ½ cup sparkling water

• Cucumber slices

Instructions

Stir green tea and sparkling water together, garnish with cucumber slices.

Chamomile Citrus

Calories: ~15 **Ingredients**

- ½ cup unsweetened chamomile tea, chilled
- ½ cup sparkling water
- 1 lemon slice

Instructions

Combine tea and sparkling water, garnish with lemon.

Cherry Vanilla Sparkler

Calories: ~30 **Ingredients**

- Sparkling water
- 1 Tbsp tart cherry juice
- 1–2 drops vanilla extract

Instructions

Stir cherry juice and vanilla into sparkling water, serve over ice.

Dessert-Inspired



Calories: ~35 **Ingredients**

- Sparkling water
- 1 Tbsp orange juice
- Splash unsweetened vanilla almond milk

Instructions

Stir orange juice and almond milk into sparkling water for a creamsicle flavor.

Tip: Keep juice/purée to 1 Tbsp or less to stay under 50 calories. Add a few drops of stevia if you like extra sweetness.