

— *IMMUNE-BOOSTING* —

MOCKTAILS

RECIPE BOOK



Sparkling Grape Faux-mosa

INGREDIENTS

1 cup orange juice
1/2 cup sparkling grape juice
1/2 cup sparkling water/club soda

Optional: Substitute grape juice with non-alcoholic champagne or prosecco

INSTRUCTIONS

Combine orange juice and sparkling grape juice in glass of choice. Garnish with fresh oranges or strawberries. Enjoy!

NOTES FROM DIETITIAN

Orange juice is a good source of vitamin C which helps to strengthen your immune system.

For an added immune system boost, use ginger ale in place of grape juice. Ginger is known for its antimicrobial properties!

Cranberry

MOSCOW Mock-mule

INGREDIENTS

- 1 lime quartered
- 6 mint leaves
- 1/2 glass of ice
- 1 cup ginger beer
- Cranberry juice to taste

INSTRUCTIONS

Muddle lime in glass until juice is released. Clap mint together in hands to release flavor and add to glass. Add ice and ginger beer and top with cranberry juice to preferred sweetness. Stir, garnish with mint, lime, and cranberries (optional) and enjoy!

NOTES FROM DIETITIAN

Cranberries contain antioxidants that help to protect our bodies during times of stress.

Mint is a digestive aid, making this mocktail a great after-meal addition!

Blueberry Infused Mojito

INGREDIENTS

Blueberry Simple Syrup:

1/4 cup blueberries
1/4 cup granulated sugar
1/4 cup water

Note: You can also purchase pre-made blueberry syrup

Mojito:

8 mint leaves
1 oz blueberry simple syrup
1 oz lime juice (or to taste)
Handful of ice
4 oz lime-flavored soda

INSTRUCTIONS

Blueberry Syrup: Heat blueberries, sugar, and water over medium heat in a saucepan. Mash blueberries while heating. Heat 5-8 minutes until sugar is dissolved, do not boil. Remove sugar from heat and strain out blueberries. Let syrup cool to room temperature.

Mojito: In tall glass, muddle mint leaves, syrup, and lime juice together. Add ice and soda. Stir and enjoy!

NOTES FROM DIETITIAN

Blueberries contain antioxidants which may help to improve memory and brain function.

Limes are high in vitamin C, which helps increase iron absorption. Together these nutrients boost your immune system!

Espresso

Martinot

INGREDIENTS

2 oz espresso
1 oz heavy whipping cream
1 oz simple syrup
1/8 tsp vanilla extract
Dash of salt
Handful of ice

Optional: Cocoa powder and coffee beans for garnish

INSTRUCTIONS

Add all ingredients into cocktail shaker. Shake for one minute, pour into glass, garnish and enjoy!

NOTES FROM DIETITIAN

Coffee contains antioxidants which may help to protect brain function as you age.

It is important to drink caffeine in moderation (<400 mg per day) to avoid sleep disturbances and increased feelings of anxiety.

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