

REDUCING ALCOHOL INTAKE WITH MOCKTAILS



WHY CUT BACK ON ALCOHOL?

Drinking alcohol in moderation is fine, but sometimes moderation is hard to stick to as the weather heats up. Mocktails are a great way to reduce alcohol intake by alternating drinks or replacing alcohol entirely. Plus, if you are hosting, you always have an option for a sober friend. Many people report improved sleep, less grogginess, and less joint pain when they cut back on alcohol. Plus, these mocktails have some surprising health benefits!

Tart Cherry Limeade: 4-8 oz of tart cherry juice an hour before bed boosts melatonin production, leading to better quality sleep.

Pineapple Mojito: pineapple has an enzyme called bromelain, which helps reduce inflammation and muscle soreness.

Spicy Paloma: grapefruit is loaded with Vitamin C, which supports immunity.

Citrus Infused Water: infused water is a refreshing, lower-calorie way to rehydrate between drinks.



TART CHERRY LIMEADE

4 oz tart cherry juice
4 oz Sprite Zero
1 lime, juiced



PINEAPPLE MOJITO

2 oz pineapple juice
1 lime, sliced & muddled
4-6 oz Sprite Zero
2-4 fresh mint leaves



SPICY PALOMA

4 oz grapefruit juice
4-6 oz Sprite Zero
2-3 slices jalapeno
1 lime, sliced & muddled
Tajin for rim



CITRUS INFUSED WATER

1 gallon spring water
1 pineapple core
1 orange, sliced
Infuse overnight