

Recipes for Refreshing Non-Alcoholic Drinks

Written by Stephanie Zucker

Sunday, 31 July 2011 16:50 - Last Updated Tuesday, 02 August 2011 16:27



The summer is a great chance to test a few sweet non-alcoholic cocktails. Try a few of these recipes, provided by local restaurants.



Prickly Pear Smoothie
Courtesy of the Boulders Resort

INGREDIENTS:

5 oz. Prickly Pear Puree
1 Whole Gala Apple
One ½ Banana
1 Whole Peeled Orange
6 oz. Ice Cubes
¼ Table Spoon of Honey

PREPARATION:

Cut all ingredients into small pieces and place in blender. Blend on high speed for two minutes, serve with a strawberry garnish.



Basil Bliss
Courtesy of Soi 4 Bangkok Eatery

INGREDIENTS:

2 oz of pineapple juice
½ cup of Basil leaves cleaned and torn into pieces

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2 oz of soda water

PREPARATION:

Mix pineapple juice, soda water and basil leaves

Shake with ice

Serve in tall glass cold



Echinacea Lemonade
Courtesy of Chakra 4 Vegetarian Restaurant

INGREDIENTS:

1 cup fresh lemon juice

1 cup sweetener (adjust to taste), such as raw sugar, raw honey, or agave nectar

4 cups water plus 2 cups water for making Echinacea tea

2 tablespoons Echinacea root (available at Chakra 4 Herb & Tea House)

1 tablespoon Rosewater (optional, will soften the tart flavors)

PREPARATION:

Step one: make Echinacea tea. Simmer the Echinacea root in 2 cups water over low heat in covered stainless steel pan for 20 minutes. Strain out the Echinacea root.

Step two: Combine 1 - 2 cups fresh lemon juice, 1 cup sweetener (adjust to taste), 4 cups water. Stir in the Echinacea tea, chill, and enjoy!



A Bottle of Energy
Courtesy of Chakra 4 Vegetarian Restaurant

INGREDIENTS:

A caraff or large glass of water (ice is optional)

4 large orange slices

5 crushed mint leaves - crushed to help release the essential oils

A few drops of an energizing flower essence blend called Pure Energy by Lotus Wei, also available at Chakra 4 Herb & Tea House

PREPARATION:

Allow it to sit for 5 to 10 minutes to infuse the orange and mint.

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Damiana Iced Tea (caffeine free) Courtesy of Chakra 4 Vegetarian Restaurant

INGREDIENTS:

- 4 tablespoons Damiana leaf (natural aphrodisiac with an uplifting flavor)
- 2 tablespoons Green Rooibos (the unfermented leaf of the African Rooibos bush, high in antioxidants)
- 1 tablespoon Lemon Balm (uplifts the spirit, calms the nerves)
- 1 tablespoon crushed Coriander seeds (exotic flavor, used to increase libido)
- 1 tablespoon crushed Cinnamon (warms the soul)
- 2 teaspoons Rose petals (mild flavor, and to open the heart to love)
- ½ teaspoon Stevia leaf, not the white Stevia powder but the actual green Stevia leaf (optional)

PREPARATION:

- 2 ice cube trays filled with orange juice, frozen, to use as your ice cubes
- Steep loose herbs in 6 cups water for 20 minutes. Strain out herbs, and add 4 cups room temperature water; stir well.
- Chill, serve with a few orange ice cubes.
- Enjoy with your favorite person.