

A close-up photograph of a woman with blonde hair, smiling and holding a tall, elegant glass filled with a yellow cocktail. She is wearing a light-colored top, a ring on her finger, and a bracelet on her wrist. The background is softly blurred, suggesting an indoor setting with warm lighting.

COCKTAIL
RECIPES
FOR
CENTERED
MAMAS



GRAPEFRUIT-CUCUMBER GIN FIZZ

MAKES ONE COCKTAIL

INGREDIENTS

- 2 oz Gin
- 2 oz Grapefruit Juice
- 4 oz Seltzer water
- 4 Cucumber slices for garnish

Optional garnishes: grapefruit wedges or a sprig of fresh mint.

PREPARATION

Fill a glass with ice.

Add gin, grapefruit juice, and seltzer. Stir, garnish and enjoy!



SPARKLING GRAPEFRUIT MOCKTAIL

MAKES ONE MOCKTAIL

INGREDIENTS

1/4 cup Grapefruit Juice

Juice of 1 Lime

1/4 cup Ginger Beer, Non-alcoholic

Splash Sparkling Lime Water

Crushed Ice

Optional garnishes: cucumber slices, lime slices, grapefruit slices, chopped mint, basil or cilantro, salted rim.

PREPARATION

Shake together grapefruit juice, lime juice and ginger beer.

Pour over crushed ice and top with sparkling lime water.

Garnish as desired and enjoy!



KOMBUCHA BASIL MANGO MOCKTAIL

MAKES ONE MOCKTAIL

INGREDIENTS

1/2 cup Mango (Fresh or detahwed frozen)

1 Small Handful of Fresh Basil Leaves

1 Squeeze of Fresh Lemon Juice

(1/2 bottle) Lemon Ginger Cayenne Brew Dr. Kombucha
(Any flavor is fine, but this one has a good spicy kick to it)

Ice Cubes or Frozen Mango Cubes

PREPARATION

For each mocktail, use a mason jar or hearty glass to muddle 1/2 cup mango, 1 handful basil and squeeze of fresh lemon juice.

Fill jars with ice (or use frozen mango cubes instead of ice)

Pour kombucha over cubes. Stir to incorporate the muddled fruit and herbs. Garnish with more basil and slices of lemon as desired.



FROZEN PEACH-MINT BELLINI

A TWIST ON THE MIMOSA, A BELLINI IS PEACH & PROSECCO, RATHER THAN CHAMPAGNE AND ORANGE JUICE

INGREDIENTS

3 cups Frozen Peach Slices

1 cup Nectar (Peach, Mango or Apricot Nectar)

4-6 Fresh Mint Leaves

1 (750-mL) Bottle Prosecco

PREPARATION

Blend frozen peaches and nectar until smooth.

Pour peach mixture into champagne flutes until half full.

Fill the rest of the glass with Prosecco.

Garnish with peach or lemon slices and twig of basil or mint.