

SUGAR & ALCOHOL FREE DRINKS



These are just ideas for some lovely sugar and alcohol free drinks. Treat yourself by using a really nice glass or cup for these drinks and teas. Make it look nice together with tasting great.

COLD DRINKS

- Sparkling water, lots of ice, freshly squeezed lemon juice, 5-10 drops of Angustora Bitters or similar bitters. You might think Angustora drops will turn this into an alcohol containing drink, but with 5-10 drops in a whole glass of water it is similar to taking a tincture. You won't get any increase of alcohol in your body. This drink looks cool with the layer of bitters at the top and tastes really good!
- Water or sparkling water, 3-4 frozen strawberries, fresh mint leaves.
- Water with fresh slices of cucumber and ice.
- Sparkling water with grapefruit and a sprig of rosemary. Add lots of ice if you like.

SUGAR & ALCOHOL FREE DRINKS



HERBAL TEAS

- Ginger and pink rose buds. Peel and slice some fresh ginger and add dried pink rose buds. If you have a glass tea pot this does not only taste lovely, but looks pretty too.
- Ginger and hibiscus. This one tastes slightly more tart, but wonderful too.
- Fresh mint with fresh lemon verbena. This is one of my favourite herbal tea combinations. You can easily grow both mint and lemon verbena in pots even in a small space. That way you can use the leaves straight from the plant.
- Lemongrass. Lemongrass on its own has a great flavour. You could add ginger or other flavours to it or just have it as is. It works well fresh from a lemongrass bush or dried.



for more resources visit:
embracelifewithhester.com