

# Movement & Mocktails



## POMEGRANATE FIZZ

Servings: 6 | Calories per Serving: 30 kcal

### Ingredients:

- 1 cup pomegranate juice
- 1 liter sparkling water
- 1 each lemon, halved

### Preparation:

1. Divide pomegranate juice among six glasses.
2. Fill glasses with sparkling water.
3. Juice half the lemon and divide equally among glasses.
4. Slice the second half of the lemon into rounds and add one to each glass.

### Shopping List

#### Produce

- Lemon

#### Pantry

- Pomegranate juice
- Sparkling water

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## ROSEMARY FIZZ MOCKTAIL

Servings: 1 drink | Calories per Serving: 90 kcal

### Ingredients:

Honey Rosemary Syrup:

1 Tbsp. water  
1 Tbsp. honey  
1 sprig rosemary

Mocktail:

½ cup apple cider  
½ cup club soda or seltzer  
1 Tbsp. honey rosemary syrup  
1 sprig rosemary (for garnish)

### Preparation:

1. Combine the water and honey in a bowl and microwave for 30 seconds (or heat on a saucepan over medium heat) until the honey has dissolved. Add the rosemary and let cool.
2. In a glass with ice, combine cider, club soda, and honey rosemary syrup. Garnish with a rosemary sprig and enjoy!

### Shopping List

#### Produce

- Apple cider
- Rosemary

#### Pantry

- Club soda or seltzer
- Honey

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## PUMPKIN PIE MOCKTAIL

Servings: 2 | Serving Size: 1 cup | Calories per Serving: 180 kcal

### Ingredients:

½ cup	canned coconut milk
½ cup	nondairy milk (like almond, oat, or soy)
¼ cup	pumpkin purée
1 Tbsp.	apple butter
¼ tsp.	pumpkin pie spice
1 Tbsp.	maple syrup or agave
1 tsp.	vanilla extract

Garnish: 1 graham cracker, crushed

### Preparation:

1. In a blender, add the coconut milk, nondairy milk, pumpkin purée, apple butter, sweetener, and vanilla extract. Blend until smooth.
2. Fill two cups with ice and divide the drink evenly into each cup.
3. Add crushed graham crackers on top and enjoy!

Calories are based on recipe using unsweetened almond milk and maple syrup as sweetener

Adapted from: <https://plantifullybasedblog.com/2022/11/22/vegan-pumpkin-pie-mocktail/#recipe>

### Shopping List

#### Dairy

- nondairy milk (like almond, oat, or soy)

#### Pantry

- canned coconut milk
- pumpkin purée
- apple butter
- pumpkin pie spice
- maple syrup or agave
- vanilla extract
- graham crackers