

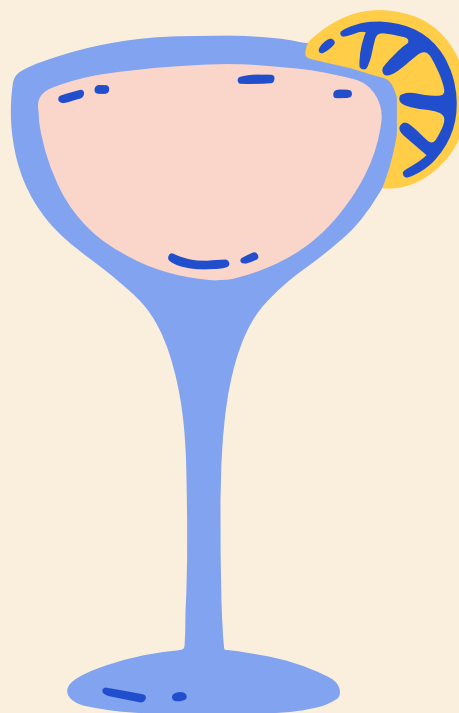
# Glow Garden

*low ABV cocktail*

## *Ingredients (1 serving)*

- 2 oz grapefruit aperitif
- 1 oz lemon juice
- .75 oz pink peppercorn syrup\*
- 5 oz sparkling water
- cucumber ribbons
- ice

*\*See syrup recipe on page 3*



## *Instructions*

- Place 2-3 cucumber ribbons on the inside of your glass.
- Add ice to your glass.
- Add grapefruit aperitif, lemon juice, syrup and sparkling water.
- Stir to combine.
- Garnish and enjoy



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# Heart Opener

*non-alcoholic cocktail*

## *Ingredients (1 serving)*

- 2.5 oz chilled rooibos-rose tea ( can sub with black tea)
- 1 oz lime juice
- .5 oz damiana syrup\*
- .5 oz Pathfinder
- 2 dashes lavender bitters
- ice

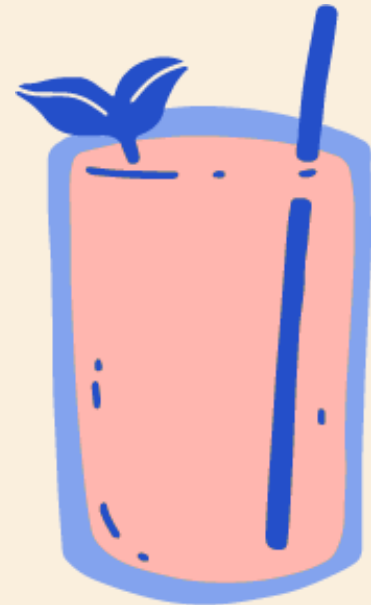
*\*See syrup recipe on page 4*

## *Adaptogenic Sugar Rim*

- 2 tbsp raw sugar
- 1/4 tsp rose powder
- 1/8 tsp maca powder

## *Instructions*

- Mix sugar, rose powder and maca powder together in a small bowl, then spread onto a small plate.
- Use a lime wedge to moisten the edge of a glass, then place the glass upside-down into the sugar mixture. Move the glass in a small circular motion to coat with the sugar mixture.
- In a cocktail shaker filled 1/3 with ice, add tea, syrup, Pathfinder, lime juice and bitters
- Shake until fully mixed, strain and pour carefully into your sugar rimmed glass.
- Garnish and enjoy!

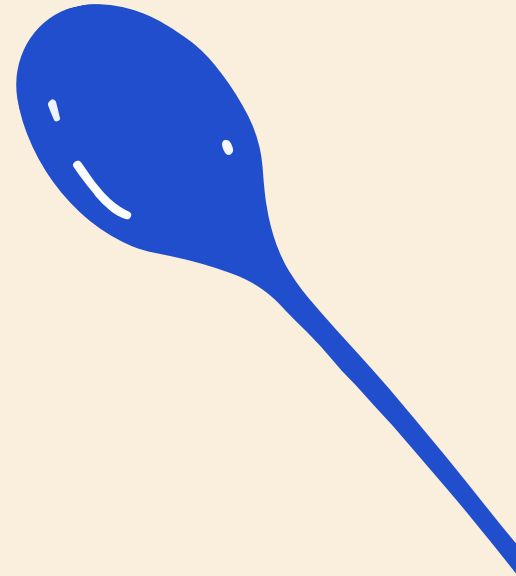


# Syrup Instructions

## Pink Peppercorn Syrup:

### *Ingredients*

- 1 cup water
- 1 cup sugar
- 2 tbsp pink peppercorn
- 1/4 - 1/2 tsp sichuan pepper (optional)



### *Instructions*

- Powder pink peppercorn and sichuan pepper using a coffee grinder or blender.
  - If you use a blender, add the 1 cup of water to your blender and blend a second time. This helps to get spices fully blended and makes them easier to get out of the blender.
- In a small saucepan add water, sugar, powdered pink peppercorn and sichuan pepper and simmer on low for 10-15 minutes. Stir occasionally.
- Strain using a nut milk bag into a jar and store in the refrigerator.
- Syrup lasts about 2- 4 weeks.

# Syrup Instructions

## Damiana Syrup:

### *Ingredients*

- 1/2 cup water
- 1/2 cup sugar
- 2 tbsp dried damiana

### *Instructions*

- In a small sauce pan add water and sugar over medium heat. Stir until sugar is dissolved, about 4 min.
- Add damiana and simmer on low for another 10-15 minutes.
- Strain into a pint jar and store in the refrigerator.
- Syrup lasts about 2- 4 weeks.

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