

# GOOD MOOD MOCKTAILS

**19**  
MOOD-ELEVATING  
MOCKTAIL RECIPES



A  
**PSYCHEDELIC™**  
RECIPE BOOK

## GOOD MOOD MOCKTAILS

Alcohol's popularity is (finally) waning. People are seeking healthier alternatives, and mocktails are growing in popularity. This book celebrates the rise of the mocktail, offering a diverse range of alcohol-free concoctions that cater to all tastes. Whether you're hosting a party, looking for an afternoon refresher, or just indulging in a guilt-free treat, these recipes promise to excite your taste buds while elevating your mood. Join us on a journey that redefines socializing, where alcohol takes a backseat, and mocktails take the spotlight, ushering in a healthier and more balanced way to enjoy great drinks. Raise your glass and cheers to this delicious revolution!

## BLUE RASPBERRY MOCKTAILS

- Kava Cooler
- Raspberry Coconut Relaxer
- Tropical Tranquility
- Blue Lagoon
- Blue Raspberry Lemonade
- Blueberry Kava Crush
- Blue Raspberry Iced Tea
- Chilled Raspberry Martini
- Tropical Breeze
- Blue Raspberry Fizz

## WATERMELON MOCKTAILS

- Watermelon Quencher
- Watermelon Slush
- Watermelon Cucumber Kava Cooler
- Tropical Watermelon Twist
- Mint Melon Splash
- Zen Zinger
- Refreshing Watermelon Rickey
- Mellow Melon Kava Crush
- Watermelon Wave Punch

## KAVA COOLER

The Kava Cooler offers a delightful and calming beverage experience, perfect for winding down after a long day or enjoying with friends. This mocktail lets our Good Mood Mix shine and is a standout choice for those seeking a non-alcoholic yet satisfying drink option. Enjoy!



Prep Time: 5 minutes

Servings: 1 glass

### INGREDIENTS

- 1 sachet of Blue Raspberry Good Mood Mix
- 1 cup of chilled sparkling water
- 1 tablespoon of fresh lime juice
- Ice cubes
- Fresh mint leaves (for garnish)
- Lime wheel (for garnish)

### INSTRUCTIONS

- **Prepare the Glass:** Fill a tall glass with ice cubes.
- **Mix the Drink:** In a shaker or mixing glass, combine the Blue Raspberry Good Mood Mix, chilled sparkling water, and fresh lime juice. Stir well until the powder is fully dissolved.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass. Garnish with fresh mint leaves and a lime wheel.
- **Enjoy:** Sip and enjoy the calming and refreshing flavors of the Blissful Blue Kava Cooler

### NOTES

- For a sweeter taste, you may add a teaspoon of honey or agave syrup.
- Adjust the amount of sparkling water according to your desired consistency.

## GOOD MOOD MOCKTAILS

### RASPBERRY COCONUT RELAXER

The Raspberry Coconut Relaxer brings together the enticing flavor of blue raspberry with a tropical touch of coconut water. Good Mood Mix gives this mocktail a soothing quality, making this drink a perfect choice for relaxation and leisurely enjoyment. Cheers!



#### INGREDIENTS

- 1 sachet of Blue Raspberry Good Mood Mix
- 1 cup of coconut water (chilled)
- 1 tablespoon of fresh lemon juice
- Ice cubes
- Fresh raspberries (for garnish)
- Lemon wheel (for garnish)

Prep Time: 5 minutes

Servings: 1 glass

#### INSTRUCTIONS

- **Prepare the Glass:** Fill a cocktail glass with ice cubes.
- **Mix the Drink:** In a shaker or mixing glass, combine Blue Raspberry Good Mood Mix, chilled coconut water, and fresh lemon juice. Shake or stir well until the powder is fully dissolved.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass. Garnish with fresh raspberries and a lemon wheel.
- **Enjoy:** Relax and enjoy the soothing waves of flavor in the Raspberry Coconut Relaxer.

#### NOTES

- For a tropical twist, you can add a splash of pineapple juice.
- Adjust the amount of coconut water to achieve your preferred taste and consistency.

## TROPICAL TRANQUILITY

The Tropical Tranquility mocktail invites you to a serene tropical escape, blending Blue Raspberry Good Mood Mix with the rich taste of pineapple and coconut. The relaxing effect of kava makes this drink a perfect choice for those seeking a peaceful and flavorful retreat. Enjoy your island getaway in a glass!



### INGREDIENTS

- 1 sachet of Blue Raspberry Good Mood Mix
- 1/2 cup of pineapple juice (chilled)
- 1/2 cup of coconut milk (chilled)
- 1 tablespoon of fresh orange juice
- Ice cubes
- Pineapple wedge (for garnish)
- Fresh mint sprig (for garnish)

Prep Time: 5 minutes

Servings: 1 glass

### INSTRUCTIONS

- **Prepare the Glass:** Fill a highball or tiki glass with ice cubes.
- **Blend the Drink:** In a blender, combine the Blue Raspberry Good Mood Mix, chilled pineapple juice, chilled coconut milk, and fresh orange juice. Blend until smooth and creamy.
- **Pour and Garnish:** Pour the blended mixture over the ice in the prepared glass. Garnish with a pineapple wedge and a sprig of fresh mint.
- **Enjoy:** Savor the tropical taste of relaxation with the Tropical Blue Tranquility.

### NOTES

- For a more indulgent texture, you can add a scoop of coconut sorbet or vanilla ice cream.
- Adjust the amount of coconut milk and pineapple juice to achieve your preferred flavor balance.

## GOOD MOOD MOCKTAILS

### BLUE LAGOON

The Blue Lagoon is an enchanting mocktail that transports you to the tranquil shores of a mystical hidden cove. With its vibrant blue hue and relaxing effect, it's the perfect non-alcoholic treat for relaxation or celebration. Dive into serenity with this delightful beverage!



#### INGREDIENTS

- 1 sachet of Blue Raspberry Good Mood Mix
- 1/2 cup of lemon-lime soda (chilled)
- 1/2 cup of blue curaçao syrup (non-alcoholic)
- 1 tablespoon of fresh blueberries
- Ice cubes
- Blueberries (for garnish)
- Lemon twist (for garnish)

Prep Time: 5 minutes

Servings: 1 glass

#### INSTRUCTIONS

- **Muddle Blueberries:** In a mixing glass, muddle the fresh blueberries to release their juice.
- **Add Ingredients:** To the muddled blueberries, add the Blue Raspberry Good Mood Mix, blue curaçao syrup, and lemon-lime soda. Stir well until the powder is fully dissolved.
- **Prepare the Glass:** Fill a cocktail glass with ice cubes.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass. Garnish with extra blueberries and a lemon twist.
- **Enjoy:** Immerse yourself in the serenity of the Blue Lagoon

#### NOTES

- For a sparkling effect, you can top the drink with a splash of sparkling water.
- If you prefer a blended version, combine all ingredients in a blender and blend until smooth.

## BLUE RASPBERRY LEMONADE

Blue Raspberry Lemonade offers a unique and refreshing take on traditional lemonade. Enjoy it on a warm day or any time you need a tranquil escape!



### INGREDIENTS

- 1 sachet of Blue Raspberry Good Mood Mix
- 1 cup of chilled lemonade
- 1/2 tablespoon of fresh lemon juice
- Ice cubes
- Lemon slices (for garnish)
- Fresh mint leaves (for garnish)

**Prep Time:** 5 minutes

**Servings:** 1 glass

### INSTRUCTIONS

- **Prepare the Glass:** Fill a tall glass with ice cubes.
- **Mix the Drink:** In a shaker or mixing glass, combine the Blue Raspberry Good Mood Mix, chilled lemonade, and fresh lemon juice. Stir well until the powder is fully dissolved.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass. Garnish with lemon slices and fresh mint leaves.
- **Enjoy:** Sip and savor the refreshing taste of Blue Raspberry Lemonade.

### NOTES

- For an extra tangy twist, you can add a splash of lime juice.
- Adjust the amount of lemonade to suit your preferred sweetness level.

## GOOD MOOD MOCKTAILS

### BLUEBERRY KAVA CRUSH

Blueberry Kava Crush is a delightful and soothing mocktail that conjures the magical essence of blue raspberries and blueberries. The relaxing effect and refreshing sparkle of the drink make it a perfect choice for an afternoon indulgence.



#### INGREDIENTS

- 1 sachet of Blue Raspberry Good Mood Mix
- 1/2 cup of fresh blueberries
- 1 cup of crushed ice
- 1/2 cup of sparkling water or club soda (chilled)
- 1 tablespoon of honey or agave syrup (optional)
- Fresh blueberries (for garnish)
- Sprig of lavender or mint (for garnish)

Prep Time: 5 minutes

Servings: 1 glass

#### INSTRUCTIONS

- **Blend the Ingredients:** In a blender, combine Blue Raspberry Good Mood Mix, fresh blueberries, crushed ice, and honey or agave syrup (if using). Blend until smooth and slushy.
- **Prepare the Glass:** Chill a cocktail or highball glass.
- **Add Sparkling Water:** Pour the blended mixture into the glass, leaving some room at the top. Add the chilled sparkling water or club soda, stirring gently to mix.
- **Garnish:** Garnish with fresh blueberries and a sprig of lavender or mint.
- **Enjoy:** Sip and embrace the flavors of Blueberry Kava Crush.

#### NOTES

- For a sparkling effect, you can top the drink with a splash of sparkling water.
- If you prefer a blended version, combine all ingredients in a blender and blend until smooth.



## BLUE RASPBERRY ICED TEA

Blue Raspberry Iced Tea is a relaxing twist on classic iced tea. This mocktail is perfect for relaxing on a warm day or enjoying as a peaceful retreat at any time. Enjoy the serene flavors of this delightful beverage!



### INGREDIENTS

- 1 sachet of Blue Raspberry Good Mood Mix
- 1 cup of chilled lemonade
- 1/2 tablespoon of fresh lemon juice
- Ice cubes
- Lemon slices (for garnish)
- Fresh mint leaves (for garnish)

**Prep Time:** 5 minutes

**Servings:** 1 glass

### INSTRUCTIONS

- **Prepare the Glass:** Fill a tall glass with ice cubes.
- **Mix the Drink:** In a pitcher or mixing glass, combine the Blue Raspberry Good Mood Mix, chilled brewed iced tea, and fresh lemon juice. Stir well until the powder is fully dissolved.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass. Garnish with a lemon wheel and fresh mint or basil leaves.
- **Enjoy:** Sip and experience the soothing taste of Blue Raspberry Iced Tea.

### NOTES

- You can use black, green, or herbal tea as the base for this drink, depending on your preference.
- Adjust the amount of lemon juice for your desired level of tartness.

## GOOD MOOD MOCKTAILS

### CHILLED RASPBERRY MARTINI

The Chilled Raspberry Martini offers a sophisticated and serene drinking experience. With a unique blend of blue raspberry, white grape, and cranberry flavors, enhanced by the calming effects of kava, it's a delightful choice for those seeking a mindful and elegant non-alcoholic option.



#### INGREDIENTS

- 1 sachet of Blue Raspberry Good Mood Mix
- 1/2 cup of white grape juice (chilled)
- 1/4 cup of cranberry juice (chilled)
- 1 tablespoon of fresh lime juice
- Ice cubes
- Fresh raspberries (for garnish)
- Lime twist (for garnish)

Prep Time: 5 minutes

Servings: 1 glass

#### INSTRUCTIONS

- **Chill the Glass:** Place a martini glass in the freezer to chill.
- **Mix the Ingredients:** In a cocktail shaker, combine the Blue Raspberry Good Mood Mix, white grape juice, cranberry juice, fresh lime juice, and a handful of ice cubes. Shake well until the powder is fully dissolved and the mixture is chilled.
- **Strain and Pour:** Strain the mixture into the chilled martini glass.
- **Garnish:** Garnish with fresh raspberries and a lime twist.
- **Enjoy:** Sip and savor the sophisticated flavors of the Chilled Raspberry Martini.

#### NOTES

- For an added touch of elegance, you can rim the glass with sugar or edible glitter.
- Adjust the ratio of grape juice and cranberry juice to suit your taste preferences.

## TROPICAL BREEZE

The Tropical Breeze blends the enticing blue raspberry flavor with the lush tastes of coconut and pineapple. This mocktail the perfect choice for beachside relaxation or a festive island-themed gathering.



**Prep Time:** 5 minutes  
**Servings:** 1 glass

### INGREDIENTS

- 1 sachet of Blue Raspberry Good Mood Mix
- 1/2 cup of coconut water (chilled)
- 1/2 cup of pineapple juice (chilled)
- 1 tablespoon of fresh lime juice
- Ice cubes
- Pineapple wedge (for garnish)
- Cherry (for garnish)
- Umbrella or tropical decoration (optional)

### INSTRUCTIONS

- **Prepare the Glass:** Fill a tropical or tiki glass with ice cubes.
- **Mix the Drink:** In a shaker or mixing glass, combine the Blue Raspberry Good Mood Mix, chilled coconut water, chilled pineapple juice, and fresh lime juice. Shake or stir well until the powder is fully dissolved.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass. Garnish with a pineapple wedge, cherry, and an umbrella or tropical decoration if desired.
- **Enjoy:** Sip and bask in the relaxation of the Tropical Breeze.

### NOTES

- Adjust the amount of coconut water and pineapple juice to achieve your preferred tropical balance.

## GOOD MOOD MOCKTAILS

### BLUE RASPBERRY FIZZ

The Blue Raspberry Fizz is a sophisticated and refreshing choice for those seeking a satisfying non-alcoholic beverage. Enjoy the tranquil embrace of zen in a glass!



#### INGREDIENTS

- 1 sachet of Blue Raspberry Good Mood Mix
- 1 cup of sparkling water or club soda (chilled)
- 1 tablespoon of fresh lemon juice
- 1 teaspoon of sugar or simple syrup (optional)
- Ice cubes
- Fresh raspberries (for garnish)
- Lemon twist (for garnish)

Prep Time: 5 minutes

Servings: 1 glass

#### INSTRUCTIONS

- **Prepare the Glass:** Fill a champagne flute or tall glass with ice cubes.
- **Mix the Drink:** In a mixing glass, combine the Blue Raspberry Good Mood Mix, chilled sparkling water or club soda, fresh lemon juice, and sugar or simple syrup if using. Stir gently until the powder is fully dissolved.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass, allowing the fizz to settle. Garnish with fresh raspberries and a lemon twist.
- **Enjoy:** Savor the effervescent relaxation of the Raspberry Fizz.

#### NOTES

- For an extra touch of elegance, you can rim the glass with sugar or edible blue glitter.
- Adjust the sweetness with additional sugar or simple syrup as desired.

## WATERMELON QUENCHER

The Watermelon Quencher offers a hydrating and calming beverage experience, perfect for replenishing after a workout or winding down on a hot day.



**Prep Time:** 5 minutes  
**Servings:** 1 glass

### INGREDIENTS

- 1 sachet of Watermelon Good Mood Mix
- 1 cup of coconut water (chilled)
- 1/2 cup of fresh watermelon juice or puree
- 1 tablespoon of fresh lime juice
- Ice cubes
- Watermelon slice (for garnish)
- Fresh mint leaves (for garnish)

### INSTRUCTIONS

- **Prepare the Glass:** Fill a tall glass with ice cubes.
- **Mix the Drink:** In a shaker or mixing glass, combine the Watermelon Good Mood Mix, chilled coconut water, fresh watermelon juice or puree, and fresh lime juice. Shake or stir well until the powder is fully dissolved.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass. Garnish with a watermelon slice and fresh mint leaves.
- **Enjoy:** Sip and relish the rejuvenating flavors of the Watermelon Quencher.

### NOTES

- For a sweeter taste, you may add a teaspoon of honey or agave syrup.
- If fresh watermelon juice is unavailable, you can blend fresh watermelon chunks and strain to obtain the juice.

## GOOD MOOD MOCKTAILS

### WATERMELON SLUSH

Watermelon Slush is a delightful and soothing treat that offers the refreshing taste of watermelon in a chilled and satisfying form. An ideal choice for enjoying on a hot day or simply when you need a tranquil escape.



#### INGREDIENTS

- 1 sachet of Watermelon Good Mood Mix
- 1 cup of fresh watermelon chunks (frozen)
- 1/2 cup of ice cubes
- 1 tablespoon of fresh lime juice
- 1 teaspoon of honey or sugar (optional)
- Fresh watermelon slice (for garnish)
- Sprig of mint or basil (for garnish)

Prep Time: 5 minutes

Servings: 1 glass

#### INSTRUCTIONS

- **Blend the Ingredients:** In a blender, combine the Watermelon Good Mood Mix, frozen watermelon chunks, ice cubes, fresh lime juice, and honey or sugar if using. Blend until smooth and slushy.
- **Pour and Garnish:** Pour the blended mixture into a chilled glass. Garnish with a fresh watermelon slice and a sprig of mint or basil.
- **Enjoy:** Sip and indulge in the sweet serenity of the Watermelon Slush.

#### NOTES

- You can adjust the sweetness by adding more or less honey or sugar to taste.
- If you prefer a less thick texture, add a splash of water or coconut water.

## WATERMELON CUCUMBER KAVA COOLER

The Watermelon Cucumber Kava Cooler blends watermelon with the refreshing taste of cucumber and grape. This drink a delightful choice for a peaceful moment or a rejuvenating break.



**Prep Time:** 5 minutes

**Servings:** 1 glass

### INGREDIENTS

- 1 sachet of Watermelon Good Mood Mix
- 1 cup of coconut water (chilled)
- 1/2 cup of fresh watermelon juice or puree
- 1 tablespoon of fresh lime juice
- Ice cubes
- Watermelon slice (for garnish)
- Fresh mint leaves (for garnish)

### INSTRUCTIONS

- **Prepare the Glass:** Fill a tall glass with ice cubes.
- **Mix the Drink:** In a shaker or mixing glass, combine the Watermelon Good Mood Mix, chilled cucumber juice, chilled white grape juice, and fresh lemon juice. Shake or stir well until the powder is fully dissolved.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass. Garnish with a watermelon ball or slice, cucumber slice, and a sprig of fresh mint.
- **Enjoy:** Sip and delight in the refreshing flavors of the Watermelon Cucumber Kava Cooler.

### NOTES

- You can adjust the amount of cucumber and grape juice to suit your taste preferences.
- If desired, add a splash of sparkling water for a bubbly effect.

## GOOD MOOD MOCKTAILS

### TROPICAL WATERMELON TWIST

The Tropical Watermelon Twist blends watermelon, pineapple, coconut, and lime flavors. Combined with the calming qualities of kava, it's a standout choice for those seeking a blissful non-alcoholic beverage. Indulge in the tropical tranquility of this delightful drink!



**Prep Time:** 5 minutes

**Servings:** 1 glass

#### INGREDIENTS

- 1 sachet of Watermelon Good Mood Mix
- 1/2 cup of pineapple juice (chilled)
- 1/4 cup of coconut milk or coconut cream
- 1 tablespoon of fresh lime juice
- Ice cubes
- Pineapple wedge (for garnish)
- Cherry or edible flower (for garnish)
- Umbrella or tropical decoration (optional)

#### INSTRUCTIONS

- **Prepare the Glass:** Fill a tropical or tiki glass with ice cubes.
- **Blend the Ingredients:** In a blender, combine the Watermelon Good Mood Mix, pineapple juice, coconut milk or cream, fresh lime juice, and a handful of ice cubes. Blend until smooth.
- **Pour and Garnish:** Pour the blended mixture into the prepared glass. Garnish with a pineapple wedge, cherry, or edible flower, and add an umbrella or tropical decoration if desired.
- **Enjoy:** Sip and escape to tranquility with the Tropical Watermelon Twist.

#### NOTES

- You can adjust the consistency by adding more or less ice as needed.
- For an extra tropical touch, add a splash of mango or passion fruit juice.



## MINT MELON SPLASH

The Mint Melon Splash offers a refreshing fusion of watermelon and mint. Perfect for a hot day or as a revitalizing treat, this drink brings harmony and refreshment to any occasion.



**Prep Time:** 5 minutes

**Servings:** 1 glass

### INGREDIENTS

- 1 sachet of Watermelon Good Mood Mix
- 1 cup of chilled sparkling water or club soda
- 1/2 tablespoon of fresh lemon juice
- 5-6 fresh mint leaves
- 1 teaspoon of honey or agave syrup (optional)
- Ice cubes
- Watermelon slice (for garnish)
- Fresh mint sprig (for garnish)

### INSTRUCTIONS

- **Muddle the Mint:** In a glass or shaker, gently muddle the fresh mint leaves with the fresh lemon juice and honey or agave syrup if using.
- **Prepare the Glass:** Fill a tall or highball glass with ice cubes.
- **Mix the Drink:** Add the Watermelon Good Mood Mix to the muddled mint and lemon. Pour in the chilled sparkling water or club soda, and stir gently until the powder is fully dissolved.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass. Garnish with a watermelon slice and a fresh mint sprig.
- **Enjoy:** Sip and experience the harmonious refreshment of the Mint Melon Splash

### NOTES

- You can adjust the sweetness by adding more or less honey or agave syrup to taste.
- For a more intense mint flavor, use more fresh mint leaves.

## GOOD MOOD MOCKTAILS

### ZEN ZINGER

The Zen Zinger is an invigorating mocktail that offers a delightful balance of watermelon sweetness and ginger zing.



**Prep Time:** 5 minutes  
**Servings:** 1 glass

#### INGREDIENTS

- 1 sachet of Watermelon Good Mood Mix
- 1 cup of ginger ale (non-alcoholic, chilled)
- 1/2 cup of fresh watermelon juice or puree
- 1/2 tablespoon of fresh lime juice
- Ice cubes
- Watermelon ball or slice (for garnish)
- Lime wheel (for garnish)
- Candied ginger piece (for garnish, optional)

#### INSTRUCTIONS

- **Prepare the Glass:** Fill a tumbler or highball glass with ice cubes.
- **Mix the Drink:** In a shaker or mixing glass, combine the Watermelon Good Mood Mix, ginger ale, fresh watermelon juice or puree, and fresh lime juice. Stir gently until the powder is fully dissolved.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass. Garnish with a watermelon ball or slice, lime wheel, and a piece of candied ginger if desired.
- **Enjoy:** Sip and savor the cool and zesty flavors of the Zen Zinger.

#### NOTES

- You can adjust the consistency by adding more or less ice as needed.
- For an extra tropical touch, add a splash of mango or passion fruit juice.

## REFRESHING WATERMELON RICKEY

A new take on the classic rickey cocktail. This mocktail offers a revitalizing experience perfect for just about any occasion.



**Prep Time:** 5 minutes

**Servings:** 1 glass

### INGREDIENTS

- 1 sachet of Watermelon Good Mood Mix
- 1 cup of chilled club soda or sparkling water
- 1/2 tablespoon of fresh lime juice
- 1/2 tablespoon of fresh lemon juice
- 1 teaspoon of simple syrup or sweetener of choice (optional)
- Ice cubes
- Lime wheel (for garnish)
- Lemon wheel (for garnish)
- Fresh mint sprig or basil leaf (for garnish)

### INSTRUCTIONS

- **Prepare the Glass:** Fill a highball glass with ice cubes.
- **Mix the Drink:** In a shaker or mixing glass, combine the Watermelon Good Mood Mix, chilled club soda or sparkling water, fresh lime juice, fresh lemon juice, and simple syrup if using. Stir gently until the powder is fully dissolved.
- **Pour and Garnish:** Pour the mixture over the ice in the prepared glass. Garnish with a lime wheel, lemon wheel, and fresh mint sprig or basil leaf.
- **Enjoy:** Sip and bask in the refreshing relaxation of the Watermelon Rickey.

### NOTES

- You can adjust the amount of lime and lemon juice to achieve your preferred level of tartness.
- The optional sweetener allows for customization of sweetness to your liking.

## GOOD MOOD MOCKTAILS

### MELLOW MELON KAVA CRUSH

Mellow Melon Kava Crush offers the sweet and refreshing taste of watermelon combined with tropical citrus flavors. The relaxing effect of kava adds a gentle relaxing touch, making this drink a wonderful choice for unwinding or savoring a peaceful moment.



#### INGREDIENTS

- 1 sachet of Watermelon Good Mood Mix
- 1/2 cup of orange juice (chilled)
- 1/4 cup of pineapple juice (chilled)
- 1/2 cup of crushed ice
- 1 tablespoon of fresh lime juice
- Watermelon wedge (for garnish)
- Orange slice (for garnish)
- Fresh mint leaves (for garnish)

Prep Time: 5 minutes

Servings: 1 glass

#### INSTRUCTIONS

- **Blend the Ingredients:** In a blender, combine the Watermelon powdered drink mix, orange juice, pineapple juice, crushed ice, and fresh lime juice. Blend until smooth and slushy.
- **Pour and Garnish:** Pour the blended mixture into a chilled glass, such as a margarita or tumbler glass. Garnish with a watermelon wedge, orange slice, and fresh mint leaves.
- **Enjoy:** Sip and indulge in the mellow relaxation of the Mellow Melon Kava Crush.

#### NOTES

- You can adjust the consistency by adding more or less crushed ice as needed.
- For an extra tropical touch, add a splash of coconut milk or cream.

## WATERMELON WAVE PUNCH

Let relaxation wash over you with this delightful and relaxing punch.



**Prep Time:** 10 minutes  
**Servings:** 6 glasses

### INGREDIENTS

- 3 sachets of Watermelon Good Mood Mix
- 3 cups of chilled pineapple juice
- 2 cups of chilled orange juice
- 1 cup of chilled coconut water
- 1/2 cup of fresh lime juice
- 1 cup of chilled club soda or sparkling water
- Ice cubes
- Watermelon slices (for garnish)
- Pineapple wedges (for garnish)
- Fresh mint sprigs (for garnish)

### INSTRUCTIONS

- **Mix the Punch:** In a large punch bowl or pitcher, combine the Watermelon powdered drink mix, pineapple juice, orange juice, coconut water, and fresh lime juice. Stir well until the powder is fully dissolved.
- **Add Sparkle:** Just before serving, add the chilled club soda or sparkling water and gently stir to combine.
- **Prepare the Glasses:** Fill glasses with ice cubes and pour the punch over the ice.
- **Garnish:** Garnish each glass with watermelon slices, pineapple wedges, and fresh mint sprigs
- **Enjoy:** Savor the soothing flavors of the Watermelon Wave Peaceful Punch with friends and family.

### NOTES

- You can adjust the sweetness by adding more or less honey or agave syrup to taste.
- For a more intense mint flavor, use more fresh mint leaves.

**PSYCHEDELIC™**

**ENJOY!**

**MAKE EVERY DAY PSYCHEDELIC.**