



Monten
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Refresh your **palate** and **elevate** your **hydration** game with these **delicious** and **easy-to-make** sparkling water drinks, **perfect for every occasion.**

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3. Mocktails

Elevate your non-alcoholic drink game with our creative and refreshing sparkling water mocktail recipe collection. Perfect for any occasion, these drinks will surely please everyone in the family.

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9. Cocktails

Discover the art of mixology with our creative and refreshing sparkling water cocktail recipes. From classic favourites to new and exciting blends, impress your guests with these delicious libations.

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15. Kids

Make hydration fun and delicious for kids with our creative and colourful sparkling water drinks collection. These recipes are perfect for parties, after-school snacks, or any time your little ones need a tasty and refreshing treat.

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MOCKTAILS

STRAWBERRY LIME SPRITZ



Ingredients:

- 1 cup fresh strawberries
- 1/4 cup fresh lime juice
- 1/4 cup honey
- 2 cups sparkling water
- Ice
- Lime slices (for garnish)

Method:

1. In a blender, puree the strawberries, lime juice, and honey until smooth.
2. Divide the puree among four glasses and add ice.
3. Top each glass with sparkling water and stir.
4. Garnish with lime slices and serve mint.

PINEAPPLE COCONUT COOLER

Ingredients:

- 1 cup fresh pineapple chunks
- 1/2 cup coconut water
- 2 cups sparkling water
- Ice
- Pineapple wedges (for garnish)

Method:

1. In a blender, puree the pineapple and coconut water until smooth.
2. Divide the mixture among four glasses and add ice.
3. Top each glass with sparkling water and stir.
4. Garnish with pineapple wedges and serve.



CUCUMBER MINT FIZZ

Ingredients:

- 1/2 cucumber, peeled and sliced
- 1/4 cup fresh mint leaves
- 2 tablespoons honey
- 2 cups sparkling water
- Ice
- Cucumber slices and mint leaves (for garnish)

Method:

1. In a blender, puree the cucumber, mint, and honey until smooth.
2. Divide the mixture among four glasses and add ice.
3. Top each glass with sparkling water and stir.
4. Garnish with cucumber slices and mint leaves and serve.



CITRUS BERRY SPARKLER

Ingredients:

- 1 cup mixed berries (strawberries, raspberries, blackberries, blueberries)
- 1/2 cup freshly squeezed orange juice
- 1/2 cup sparkling water
- 1 tablespoon honey
- Ice
- Orange slices (for garnish)

Method:

1. In a blender, puree the berries, orange juice, and honey until smooth.
2. Divide the mixture among four glasses and add ice.
3. Top each glass with sparkling water and stir.
4. Garnish with orange slices and serve.

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PEACH AND GINGER SPRITZ

Ingredients:

- 2 fresh peaches, peeled and diced
- 1 tablespoon fresh ginger, grated
- 2 tablespoons honey
- 2 cups sparkling water
- Ice
- Peach wedges (for garnish)

Method:

1. In a blender, puree the peaches, ginger, and honey until smooth.
2. Divide the mixture among four glasses and add ice.
3. Top each glass with sparkling water and stir.
4. Garnish with peach wedges and serve.

BLUEBERRY LEMONADE FIZZ

Ingredients:

- 1 cup fresh blueberries
- 1/2 cup freshly squeezed lemon juice
- 2 tablespoons honey
- 2 cups sparkling water
- Ice
- Lemon slices (for garnish)

Method:

1. In a blender, puree the blueberries, lemon juice, and honey until smooth.
2. Divide the mixture among four glasses and add ice.
3. Top each glass with sparkling water and stir.
4. Garnish with lemon slices and serve.





MANGO MINT SPRITZER

Ingredients:

- 1 cup fresh mango chunks
- 1/4 cup fresh lime juice
- 1/4 cup fresh mint leaves
- 2 cups sparkling water
- Ice
- Mango slices and mint leaves (for garnish)

Method:

1. In a blender, puree the mango, lime juice, and mint leaves until smooth.
2. Divide the mixture among four glasses and add ice.
3. Top each glass with sparkling water and stir.
4. Garnish with mango slices and mint leaves and serve.

WATERMELON BASIL REFRESHER

Ingredients:

- 2 cups fresh watermelon chunks
- 1/4 cup fresh basil leaves
- 2 tablespoons honey
- 2 cups sparkling water
- Ice
- Watermelon wedges and basil leaves (for garnish)

Method:

1. In a blender, puree the watermelon, basil, and honey until smooth.
2. Divide the mixture among four glasses and add ice.
3. Top each glass with sparkling water and stir.
4. Garnish with watermelon wedges and basil leaves and serve.





RASPBERRY LEMON SPRITZER

Ingredients:

- 1 cup fresh raspberries
- 1/2 cup freshly squeezed lemon juice
- 2 tablespoons honey
- 2 cups sparkling water
- Ice
- Lemon slices (for garnish)

Method:

1. In a blender, puree the raspberries, lemon juice, and honey until smooth.
2. Divide the mixture among four glasses and add ice.
3. Top each glass with sparkling water and stir.
4. Garnish with lemon slices and serve.

LAVENDER LEMON SPARKLER

Ingredients:

- 1/4 cup fresh lemon juice
- 1 tablespoon honey
- 1/4 cup lavender syrup (see below for recipe)
- 2 cups sparkling water
- Ice
- Fresh lavender sprigs (for garnish)

Method:

1. In a large pitcher, stir together the lemon juice, honey, and lavender syrup until well combined.
2. Add ice to the pitcher and stir again.
3. Slowly pour in the sparkling water and stir gently to combine.
4. Pour the drink into four glasses.
5. Garnish each glass with a sprig of fresh lavender and serve. for about 5 minutes.



A man with a beard and short dark hair, wearing a green short-sleeved button-down shirt, is smiling as he pours a clear liquid from a glass bottle into a tall glass. The glass contains ice and fresh green mint leaves. He is standing behind a grey countertop. To his right, there is another tall glass with a black and white checkered paper straw. The background is a dark bar area with shelves holding various items.

COCKTAILS

STRAWBERRY THYME FIZZ

Ingredients:

- 1/2 cup strawberries
- 30 ml vodka
- 30 ml thyme simple syrup
- 15 ml lime juice
- Sparkling water (to top off)

Method:

1. Muddle strawberries in a shaker.
2. Add vodka, thyme simple syrup, and lime juice.
3. Shake with ice and strain into a glass.
4. Top with sparkling water.
5. Garnish with strawberry and thyme sprig.



BLUEBERRY LEMONADE SPRITZ

Ingredients:

- 1/2 cup blueberries,
- 30 ml gin
- 30 ml lemon juice
- 15 ml honey syrup
- Sparkling water (to top off)

Method:

1. Muddle blueberries in a shaker.
2. Add gin, lemon juice, and honey syrup.
3. Shake with ice and strain into a glass.
4. Top with sparkling water. Garnish with blueberries and lemon slice.

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PEACH BASIL BELLINI

Ingredients:

- 1/2 cup fresh peaches,
- 30 ml peach liqueur
- 15 ml lemon juice
- Basil leaves
- Sparkling water (to top off)

Method:

1. Muddle peaches and basil in a shaker.
2. Add peach liqueur and lemon juice.
3. Shake with ice and strain into a glass.
4. Top with sparkling water. Garnish with peach slice and basil sprig.



PINEAPPLE COCONUT COOLER

Ingredients:

- 1/2 cup pineapple chunks,
- 30 ml coconut rum
- 15 ml lime juice
- 15 ml simple syrup
- Sparkling water (to top off)

Method:

1. Muddle pineapple in a shaker.
2. Add coconut rum, lime juice, and simple syrup.
3. Shake with ice and strain into a glass.
4. Top with sparkling water.
5. Garnish with pineapple wedge.

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GRAPEFRUIT ROSEMARY REFRESHER

Ingredients:

- 1/2 cup grapefruit juice,
- 30 ml gin
- 15 ml rosemary simple syrup
- 15 ml honey syrup
- Sparkling water (to top off)

Method:

1. Combine grapefruit juice, gin, rosemary simple syrup, and honey syrup in a shaker.
2. Shake with ice and strain into a glass.
3. Top with sparkling water.
4. Garnish with grapefruit slice and rosemary sprig.

WATERMELON MINT MOJITO

Ingredients:

- 1/2 cup cubed watermelon,
- 30 ml white rum
- 15 ml lime juice
- 15 ml simple syrup
- Mint leaves
- Sparkling water (to top off)

Method:

1. Muddle watermelon and mint in a shaker.
2. Add white rum, lime juice, and simple syrup.
3. Shake with ice and strain into a glass.
4. Top with sparkling water.
5. Garnish with watermelon cube and mint sprig.





ORANGE VANILLA CREAMSICLE

Ingredients:

- 1/2 cup orange juice,
- 30 ml vanilla vodka
- 15 ml honey syrup
- 15 ml half-and-half
- Sparkling water (to top off)

Method:

1. Combine orange juice, vanilla vodka, honey syrup, and half-and-half in a shaker.
2. Shake with ice and strain into a glass.
3. Top with sparkling water.
4. Garnish with orange slice.

LAVENDER LEMON SPRITZER

Ingredients:

- 1/2 cup lemonade,
- 30 ml gin
- 15 ml lavender simple syrup
- Sparkling water (to top off)

Method:

1. Combine lemonade, gin, and lavender simple syrup in a shaker.
2. Shake with ice and strain into a glass.
3. Top with sparkling water.
4. Garnish with lemon slice and lavender sprig.

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CUCUMBER GINGER FIZZ

Ingredients:

- 1/2 cup sliced cucumber,
- 30 ml vodka
- 15 ml lime juice
- 15 ml ginger simple syrup
- Sparkling water (to top off)

Method:

1. Muddle cucumber in a shaker.
2. Add vodka, lime juice, and ginger simple syrup.
3. Shake with ice and strain into a glass.
4. Top with sparkling water.



SPARKLING WATERMELON MARGARITA

Ingredients:

- 2 cups fresh watermelon chunks
- 1/4 cup fresh lime juice
- 1/4 cup tequila
- 2 tablespoons triple sec
- 1 tablespoon agave nectar
- 1/2 cup sparkling water
- Lime wedges, for garnish
- Salt, for rimming (optional)

Method:

1. In a blender, puree the watermelon chunks until smooth.
2. Pour the watermelon puree into a cocktail shaker with ice.
3. Add the lime juice, tequila, triple sec, and agave nectar to the shaker.
4. Shake vigorously for about 30 seconds.
5. Rim a glass with salt (optional).
6. Fill the glass with ice and strain the cocktail into the glass.
7. Top with sparkling water.
8. Garnish with lime wedges.



KIDS

SPARKLING STRAWBERRY LEMONADE

Ingredients:

- 1/2 cup fresh strawberries, mashed
- 1/4 cup fresh lemon juice
- 2 tablespoons honey
- 1/2 cup sparkling water
- Ice cubes

Method:

1. In a glass, mix together mashed strawberries, lemon juice, and honey.
2. Add ice cubes to the glass.
3. Pour sparkling water over the ice.
4. Stir and serve.



SPARKLING BLUEBERRY LIMEADE

Ingredients:

- 1/2 cup fresh blueberries
- 1/4 cup fresh lime juice
- 2 tablespoons maple syrup
- 1/2 cup sparkling water
- Ice cubes

Method:

1. In a glass, mix together blueberries, lime juice, and maple syrup.
2. Add ice cubes to the glass.
3. Pour sparkling water over the ice.
5. Stir and serve.





SPARKLING MANGO LEMONADE

Ingredients:

- 1/2 cup fresh mango chunks
- 1/4 cup fresh lemon juice
- 2 tablespoons agave nectar
- 1/2 cup sparkling water
- Ice cubes

Method:

1. In a blender, puree mango chunks until smooth.
2. In a glass, mix together mango puree, lemon juice, and agave nectar.
3. Add ice cubes to the glass.
4. Pour sparkling water over the ice.
5. Stir and serve.

SPARKLING PEACH ICED TEA

Ingredients:

- 1/2 cup unsweetened iced tea
- 1/4 cup fresh peach puree
- 2 tablespoons honey
- 1/2 cup sparkling water
- Ice cubes

Method:

1. In a glass, mix together iced tea, peach puree, and honey.
2. Add ice cubes to the glass.
3. Pour sparkling water over the ice.
4. Stir and serve.

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SPARKLING GRAPEFRUIT SPRITZER

Ingredients:

- 1/2 cup fresh grapefruit juice
- 2 tablespoons honey
- 1/2 cup sparkling water
- Ice cubes

Method:

1. In a glass, mix together grapefruit juice and honey.
2. Add ice cubes to the glass.
3. Pour sparkling water over the ice.
4. Stir and serve.

SPARKLING WATERMELON LEMONADE

Ingredients:

- 1/2 cup fresh watermelon chunks
- 1/4 cup fresh lemon juice
- 2 tablespoons agave nectar
- 1/2 cup sparkling water
- Ice cubes

Method:

1. In a blender, puree watermelon chunks until smooth.
2. In a glass, mix together watermelon puree, lemon juice, and agave nectar.
3. Add ice cubes to the glass.
4. Pour sparkling water over the ice.
5. Stir and serve.

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SPARKLING PINEAPPLE GINGER ALE

Ingredients:

- 1/2 cup fresh pineapple juice
- 1/4 cup ginger ale
- 1/4 cup sparkling water
- Ice cubes

Method:

1. In a glass, mix together pineapple juice and ginger ale.
2. Add ice cubes to the glass.
3. Pour sparkling water over the ice.
4. Stir and serve.

SPARKLING ORANGE CREAMSICLE

Ingredients:

- 1/2 cup fresh orange juice
- 2 tablespoons cream
- 2 tablespoons agave nectar
- 1/2 cup sparkling water
- Ice cubes

Method:

1. In a glass, mix together orange juice, cream, and agave nectar.
2. Add ice cubes to the glass.
3. Pour sparkling water over the ice.
4. Stir and serve.

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SPARKLING LEMON-LIMEADE

Ingredients:

- 1/4 cup fresh lemon juice
- 1/4 cup fresh lime juice
- 2 tablespoons honey
- 1/2 cup sparkling water
- Ice cubes

Method:

1. In a glass, mix together lemon juice, lime juice, and honey.
2. Add ice cubes to the glass.
3. Pour sparkling water over the ice.
4. Stir and serve.

SPARKLING MINT LIMEADE

Ingredients:

- 1/4 cup fresh lime juice
- 2 tablespoons honey
- 5 fresh mint leaves, torn
- 1/2 cup sparkling water
- Ice cubes

Method:

1. In a glass, mix together lime juice, honey, and torn mint leaves.
2. Add ice cubes to the glass.
3. Pour sparkling water over the ice.
4. Stir and serve.

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