

HEALTHY
Drink
RECIPES



Contents

Disclaimer	4
Introduction	5
Chapter 1 – 5 Low Calorie Cocktail Recipes	6
1. <i>Low Calorie Bellini</i>	6
2. <i>Low Calorie Blueberry & Red Grape Ice Blast</i>	6
3. <i>Low Calorie Cranberry & Raspberry Delight</i>	7
4. <i>Low Calorie Mojito</i>	8
5. <i>Low Calorie Tropical Surprise</i>	9
Chapter 2 – 5 Low Calorie Fruit Infused Water Recipes.....	10
1. <i>Citrus Fruit Infused Water</i>	10
2. <i>Grapefruit & Melon Fruit Infused Water</i>	11
3. <i>Mixed Berry Fruit Infused Water</i>	11
4. <i>Simple Strawberry Fruit Infused Water</i>	12
5. <i>Tropical Fruit Infused Water</i>	13
Chapter 3 – 5 Low Calorie Fruit Soda Recipes	14
1. <i>Apple Fruit Soda</i>	14
2. <i>Blueberry Fruit Soda</i>	14
3. <i>Grapefruit & Pineapple Fruit Soda</i>	15
4. <i>Orange Fruit Soda</i>	16
5. <i>Peach & Passion Fruit Soda</i>	16
Chapter 4 – 5 Low Calorie Iced Tea Recipes	18
1. <i>Apple, Cinnamon & Ginger Iced Tea</i>	18
2. <i>Blueberry & Raspberry Iced Tea</i>	19
3. <i>Citrus & Mint Iced Tea</i>	20
4. <i>Peach Iced Tea</i>	21
5. <i>Strawberry Iced Tea</i>	22
Chapter 5 – 5 Low Calorie Natural Juice Recipes	24
1. <i>Apple, Carrot & Cucumber Juice</i>	24
2. <i>Blueberry, Celery & Watermelon Juice</i>	24
3. <i>Cucumber, Lime & Mint Juice</i>	25
4. <i>Green Vegetable Juice</i>	25
5. <i>Spicy Mixed Vegetable Juice</i>	26
Chapter 6 –5 Low Calorie Slushie Soda Recipes.....	28

1. <i>Apple & Cherry Slushie Soda</i>	28
2. <i>Citrus Slushie Soda</i>	28
3. <i>Kiwi & Watermelon Slushie Soda</i>	29
4. <i>Mixed Berry & Grape Slushie Soda</i>	30
5. <i>Strawberry & Raspberry Slushie Soda</i>	30
Chapter 7 –5 Low Calorie Smoothie Recipes.....	32
1. <i>Apple, Cinnamon & Grape Smoothie</i>	32
2. <i>Banana & Blueberry Smoothie</i>	32
3. <i>Berry & Cherry Smoothie</i>	33
4. <i>Coconut, Mango & Papaya Smoothie</i>	34
5. <i>Orange & Peach Smoothie</i>	34
Summary – Stay Healthy & Hydrated.....	36

Disclaimer

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment. You should seek medical advice before starting this or any other weight loss or fitness regimen. We make no warranty, express or implied, regarding your individual results.

The author disclaims any personal liability, for loss or risk incurred as a result of any information or advice contained herein, either directly or indirectly.

All links are for informational purposes only and are not warranted for content, accuracy, or other implied or explicit purposes. All links were working at the time of this report's release but may now have expired.

The author does not intend to render legal, accounting or other professional advice in the documents contained herein. The reader is encouraged to seek competent legal and accounting advice before engaging in any business activity.

This report may not be sold or given away. Unauthorized distribution, resell, or copying of this material is unlawful. The author reserves the right to use the full force of the law in the protection of its intellectual property including the contents, ideas and expressions contained herein.

Introduction

One of the biggest mistakes people make when trying to lose weight or improve their health is that they consume too many liquid calories. They drink cocktails, sodas and other unhealthy drinks without even realizing that many of these beverages contains hundreds of calories in a single glass.

The good news is that it is possible for drinks to taste great without being loaded with calories. In this report I'm going to show you how by providing you with 35 healthy drink recipes.

All 35 recipes are made using natural ingredients, take just a few minutes to prepare and contain less than 200 calories per 10 oz. (300ml) glass. In addition to this, many of the drinks are packed with vitamins, minerals and phytonutrients which means they're not just kind to your waistline but they also have numerous health benefits. Finally, there are a range of different types of drinks to choose from in this report including cocktails, fruit infused water, iced tea, juices, smoothies, soda alternatives and more, so no matter what you want to drink, you'll be able to find plenty of suitable options.

Each recipe serves four people (40 oz per recipe = four 10 oz. glasses) and comes with the following information:

- *A list of equipment that you will need*
- *A list of ingredients that you will need*
- *Instructions for preparing the drink*
- *The total number of calories and the number of calories per glass*

Chapter 1 – 5 Low Calorie Cocktail Recipes

If you're a cocktail fan but you don't want to worry about the calories they contain, these five low calorie cocktail recipes will be right up your street. Each one contains less than 150 calories per 10 oz. glass (300ml) and acts as a perfect thirst quencher.

1. Low Calorie Bellini

This low calorie Bellini is an excellent choice that uses champagne and peach to create a sparkling cocktail that's light, fruity and refreshing. It packs just 134 calories per glass and is very easy to put together.

Equipment Required:

- 4 large cocktail glasses
- 1 blender
- 1 cocktail spoon

Ingredients Required:

- 12 oz. of peach juice (1.5 cups/360ml)
- 10 oz. of champagne (1.25 cups/300ml)
- 1.5 cups of chopped peach chunks (12 oz./360g)
- 3/4 cup of crushed ice (6 oz./180g)

Instructions:

- 1) Add the peach chunks to the blender and blend until they become puréed.
- 2) Once the peach chunks are fully puréed, pour an equal amount of the peach purée into each of the four large cocktail glasses.
- 3) Add an equal amount of peach juice to each of the four large cocktail glasses and stir well with the cocktail spoon.
- 4) Top each of the four large cocktail glasses with an equal amount of champagne and crushed ice and enjoy the low calorie Bellini.

Calories:

- 536 calories per 40 oz. yield (1200ml)
- 134 calories per 10 oz. glass (300ml)

2. Low Calorie Blueberry & Red Grape Ice Blast

This low calorie blueberry and red grape ice blast is cool and refreshing with a little kick. It contains just 135 calories per glass and can take less than 5 minutes to prepare.

Equipment Required:

- 4 large cocktail glasses
- 1 blender
- 1 cocktail spoon

Ingredients Required:

- 4 oz. of tequila (1/2 cup/120ml)
- 2 cups of crushed ice (16 oz./480g)
- 1.25 cups of frozen blueberries (10 oz./300g)
- 1.25 cups of frozen red grapes (10 oz./300g)

Instructions:

- 1) Add the crushed ice, frozen blueberries and frozen red grapes to the blender and blend until the mixture becomes frothy.
- 2) Once the mixture has become frothy, stop blending and pour an equal amount of the mixture into each of the four large cocktail glasses.
- 3) Top each of the four large cocktail glasses with 1 oz. of tequila, stir well with the cocktail spoon and enjoy the low calorie blueberry and red grape ice blast.

Calories:

- 596 calories per 40 oz. yield (1200ml)
- 149 calories per 10 oz. glass (300ml)

3. Low Calorie Cranberry & Raspberry Delight

This low calorie cranberry and raspberry delight is a simple, refreshing cocktail that combines cranberry juice, raspberry juice, vodka and ice to create a cool, thirst quenching drink. It takes less than a minute to prepare and packs just 138 calories per glass.

Equipment Required:

- 4 large cocktail glasses
- 1 large cocktail pitcher
- 1 cocktail spoon

Ingredients Required:

- 10 oz. of cranberry juice (1.25 cups/300ml)
- 10 oz. of raspberry juice (1.25 cups/300ml)
- 4 oz. of vodka (1/2 cup/120ml)
- 2 cups of crushed ice (16 oz./480g)

Instructions:

- 1) Add the crushed ice and vodka to the large cocktail pitcher.
- 2) Top the large cocktail pitcher with the cranberry juice and raspberry juice,

stir well with the cocktail spoon, pour an equal amount of the low calorie cranberry and raspberry delight cocktail into the four cocktail glasses and enjoy.

Calories:

- 552 calories per 40 oz. yield (1200ml)
- 138 calories per 10 oz. glass (300ml)

4. Low Calorie Mojito

This low calorie mojito is similar to a regular mojito but uses less sugar which cuts down the overall calorie content. In total it contains just 139 calories per glass and takes about 5 minutes to prepare four glasses.

Equipment Required:

- 4 large highball glasses
- 1 cocktail spoon
- 1 muddler

Ingredients Required:

- 32 mint leaves
- 10 oz. of soda water (1.25 cups/300ml)
- 4 halved limes (1 cup/8 oz./260ml of lime juice)
- 4 oz. of light rum (1/2 cup/120ml)
- 2 cups of crushed ice (16 oz./480g)
- 1/4 cup of sugar (2 oz./60g)

Instructions:

- 1) Place eight mint leaves in each of the four large highball glasses, sprinkle an equal amount of sugar into each glass and then muddle the mint leaves and sugar with the muddler until the mint leaves are finely ground.
- 2) Once the mint leaves are finely ground, squeeze the juice from one lime into each of the four large highball glasses.
- 3) Once you've squeezed the juice from all four limes into each of the four large highball glasses, add an equal amount of crushed ice and rum to the four large highball glasses.
- 4) Top the four large highball glasses with an equal amount of soda water and enjoy the low calorie mojito.

Calories:

- 556 calories per 40 oz. yield (1200ml)
- 139 calories per 10 oz. glass (300ml)

5. Low Calorie Tropical Surprise

This low calorie tropical surprise is tangy, refreshing and the perfect treat on a hot day. It can be made up in minutes and packs just 150 calories per glass.

Equipment Required:

- 4 large cocktail glasses
- 1 blender
- 1 cocktail spoon

Ingredients Required:

- 1.25 cups of chopped mango chunks (10 oz./300g)
- 1.25 cups of chopped pineapple chunks (10 oz./300g)
- 10 oz. of soda water (1.25 cups/300ml)
- 4 oz. of coconut flavored rum (1/2 cup/120ml)
- 3/4 cup of crushed ice (6 oz./180g)

Instructions:

- 1) Add the crushed ice, mango chunks, pineapple chunks and soda water to the blender and blend until the mixture becomes frothy.
- 2) Once the mixture has become frothy, stop blending and pour an equal amount of the mixture into each of the four large cocktail glasses.
- 3) Top each of the four glasses with 1 oz. of coconut flavored rum, stir well with the cocktail spoon and enjoy the low calorie tropical surprise.

Calories:

- 600 calories per 40 oz. yield (1200ml)
- 150 calories per 10 oz. glass (300ml)

Chapter 2 – 5 Low Calorie Fruit Infused Water Recipes

These five low calorie fruit infused water recipes are a great way to mix up your water intake and give it a subtle dose of flavor. All five recipes contain just a few calories per 10 oz. glass (300ml) and are sure to keep you hydrated in hot weather.

1. Citrus Fruit Infused Water

This citrus fruit infused water is a zesty choice that incorporates lemon, lime and orange as well as orange juice ice cubes for added flavor. It takes just a few minutes to prepare but needs to be prepared at least an hour in advance of drinking.

Equipment Required:

- 1 large mason jar
- 1 muddler

Ingredients Required:

- 32 mint leaves
- 2 cups of ice cubes (16 oz./480g)
- 2 cups of orange juice ice cubes (16 oz./480g)
- 1 cup of water (8 oz./240ml)
- 1 sliced lemon (2.8 oz./84g)
- 1 sliced lime (2.2 oz./67g)
- 1 sliced orange (6.1 oz./184g)

Instructions:

- 1) Add the mint leaves to the mason jar and then muddle them with the muddler until they are finely ground.
- 2) Once the mint leaves are finely ground, add the lemon, lime and orange slices to the mason jar and muddle them lightly for about 30 seconds.
- 3) Add the orange juice ice cubes and regular ice cubes to the mason jar.
- 4) Top the mason jar with the water, screw the lid on tightly, place it in the refrigerator for at least 1 hour and then enjoy the citrus fruit infused water whenever you please.

Calories:

- 196 calories per 40 oz. yield (1200ml)
- 49 calories per 10 oz. glass (300ml)

2. Grapefruit & Melon Fruit Infused Water

This grapefruit and melon fruit infused water has a light, subtle flavor with a slightly bitter aftertaste. It can be made in a matter of minutes but requires at least 1 hour in the refrigerator so that the fruit juices can fully infuse into the water.

Equipment Required:

- 1 large mason jar
- 1 muddler

Ingredients Required:

- 32 basil leaves
- 2 cups of ice cubes (16 oz./480g)
- 2 cups of melon juice ice cubes (16 oz./480g)
- 1.25 cups of chopped grapefruit chunks (10 oz./300g)
- 1.25 cups of chopped honeydew melon chunks (10 oz./300g)
- 1.25 cups of chopped watermelon chunks (10 oz./300g)
- 1 cup of water (8 oz./240ml)

Instructions:

- 1) Add the basil leaves to the mason jar and then muddle them with the muddler until they are finely ground.
- 2) Once the basil leaves are finely ground, add the grapefruit chunks, honeydew melon chunks and watermelon chunks to the mason jar and muddle them lightly for 30 seconds.
- 3) Add the melon juice ice cubes and regular ice cubes to the mason jar.
- 4) Top the mason jar with the water, screw the lid on tightly, place it in the refrigerator for at least 1 hour and then enjoy the grapefruit and melon infused water whenever you please.

Calories:

- 136 calories per 40 oz. yield (1200ml)
- 34 calories per 10 oz. glass (300ml)

3. Mixed Berry Fruit Infused Water

This mixed berry fruit infused water is a refreshing drink that contains a variety of juicy berries along with blueberry juice ice cubes for a dose of extra flavor. It can be put together in under 5 minutes but needs to be left to refrigerate for at least 1 hour prior to drinking in order for the flavors from the fruits to be fully released.

Equipment Required:

- 1 large mason jar
- 1 muddler

Ingredients Required:

- 16 sage leaves
- 2 cups of ice cubes (16 oz./480g)
- 2 cups of blueberry juice ice cubes (16 oz./480g)
- 1.25 cups of blackberries (10 oz./300g)
- 1.25 cups of blueberries (10 oz./300g)
- 1.25 cups of raspberries (10 oz./300g)
- 1 cup of water (8 oz./240ml)

Instructions:

- 1) Add the sage leaves to the mason jar and then muddle them with the muddler until they are finely ground.
- 2) Once the sage leaves are finely ground, add the blackberries, blueberries and raspberries to the mason jar and muddle them lightly for about 30 seconds.
- 3) Add the blueberry juice ice cubes and regular ice cubes to the mason jar.
- 4) Top the mason jar with the water, screw the lid on tightly, place it in the refrigerator for at least 1 hour and then enjoy the mixed berry fruit infused water whenever you please.

Calories:

- 244 calories per 40 oz. yield (1200ml)
- 61 calories per 10 oz. glass (300ml)

4. Simple Strawberry Fruit Infused Water

This simple strawberry fruit infused water uses one of the most popular fruits around to create a thirst quenching drink. It can be prepared in just minutes but needs to be made at least an hour before drinking so that the juices from the strawberries can soak into the water.

Equipment Required:

- 1 large mason jar
- 1 muddler

Ingredients Required:

- 4 cups of sliced strawberries (32 oz./960g)
- 2 cups of ice cubes (16 oz./480g)
- 2 cups of strawberry juice ice cubes (16 oz./480g)
- 1 cup of water (8 oz./240ml)

Instructions:

- 1) Add the sliced strawberries to the mason jar and muddle them lightly for about 30 seconds.

- 2) Add the regular ice cubes and strawberry juice ice cubes to the mason jar.
- 3) Top the mason jar with the water, screw the lid on tightly, place it in the refrigerator for at least 1 hour and then enjoy the simple strawberry fruit infused water whenever you please.

Calories:

- 168 calories per 40 oz. yield (1200ml)
- 42 calories per 10 oz. glass (300ml)

5. Tropical Fruit Infused Water

This tropical fruit infused water has a subtle tangy flavor and is an excellent way to stay hydrated on a hot day. It takes just a few minutes to make but for the best taste, you should prepare it at least an hour before you drink it.

Equipment Required:

- 1 large mason jar
- 1 muddler

Ingredients Required:

- 32 parsley leaves
- 2 cups of ice cubes (16 oz./480g)
- 2 cups of pineapple juice ice cubes (16 oz./480g)
- 1.25 cups of chopped mango chunks (10 oz./300g)
- 1.25 cups of chopped papaya chunks (10 oz./300g)
- 1.25 cups of chopped pineapple chunks (10 oz./300g)
- 1 cup of water (8 oz./240ml)

Instructions:

- 1) Add the parsley leaves to the mason jar and then muddle them with the muddler until they are finely ground.
- 2) Once the parsley leaves are finely ground, add the mango chunks, papaya chunks and pineapple chunks to the mason jar and muddle them lightly for about 30 seconds.
- 3) Add the pineapple juice ice cubes and regular ice cubes to the mason jar.
- 4) Top the mason jar with the water, screw the lid on tightly, place it in the refrigerator for at least 1 hour and then enjoy the tropical fruit infused water whenever you please.

Calories:

- 244 calories per 40 oz. yield (1200ml)
- 56 calories per 10 oz. glass (300ml)

Chapter 3 – 5 Low Calorie Fruit Soda Recipes

These five low calorie fruit soda recipes are a brilliant alternative to regular sodas. They contain all natural blended fruit and fruit juice and no more than 96 calories per 10 oz. glass (300ml). Since they contain soda water, you need to drink them as soon as you prepare them to stop them going flat.

1. Apple Fruit Soda

This apple fruit soda has a subtle but sweet taste that goes down a treat on a hot day. It can be made up in less than 5 minutes and contains just 70 calories per glass.

Equipment Required:

- 4 large glasses
- 1 blender

Ingredients Required:

- 1.5 cups of apple juice (12 oz./360g)
- 1.5 cups of soda water (12 oz./360g)
- 1 large de-cored and chopped apple (7.4 oz./223g)
- 1/2 cup of crushed ice (4 oz./120g)

Instructions:

- 1) Place an equal amount of crushed ice in each of the four large glasses.
- 2) Place the apple juice and chopped apple in the blender and blend until the mixture becomes smooth.
- 3) Once the mixture is smooth, stop blending and pour an equal amount of the mixture into each of the four large glasses.
- 4) Top each of the four large glasses with an equal amount of soda water and enjoy the apple fruit soda.

Calories:

- 280 calories per 40 oz. yield (1200ml)
- 70 calories per 10 oz. glass (300ml)

2. Blueberry Fruit Soda

This blueberry fruit soda has a rich, juicy flavor and is a perfect choice if blueberry's your favorite fruit. It also a very light option and contains less than 100 calories per glass.

Equipment Required:

- 4 large glasses
- 1 blender

Ingredients Required:

- 1.5 cups of blueberries (12 oz./360g)
- 1.5 cups of blueberry juice (12 oz./360g)
- 1.5 cups of soda water (12 oz./360g)
- 1/2 cup of crushed ice (4 oz./120g)

Instructions:

- 1) Place an equal amount of crushed ice in each of the four large glasses.
- 2) Place the blueberries and blueberry juice in the blender and blend until the mixture becomes smooth.
- 3) Once the mixture is smooth, stop blending and pour an equal amount of the mixture into each of the four large glasses.
- 4) Top each of the four large glasses with an equal amount of soda water and enjoy the blueberry fruit soda.

Calories:

- 384 calories per 40 oz. yield (1200ml)
- 96 calories per 10 oz. glass (300ml)

3. Grapefruit & Pineapple Fruit Soda

This grapefruit and pineapple fruit soda has a tangy, tropical taste. It's also a top choice in terms of nutrition and contains high levels of fiber, vitamin A, vitamin C and various minerals.

Equipment Required:

- 4 large glasses
- 1 blender

Ingredients Required:

- 1.5 cups of pineapple juice (12 oz./360g)
- 1.5 cups of soda water (12 oz./360g)
- 3/4 cup of chopped grapefruit chunks (6 oz./180g)
- 3/4 cup of chopped pineapple chunks (6 oz./180g)
- 1/2 cup of crushed ice (4 oz./120g)

Instructions:

- 1) Place an equal amount of crushed ice in each of the four large glasses.
- 2) Place the chopped grapefruit chunks, chopped pineapple chunks and pineapple juice in the blender and blend until the mixture becomes smooth.

- 3) Once the mixture is smooth, stop blending and pour an equal amount of the mixture into each of the four large glasses.
- 4) Top each of the four large glasses with an equal amount of soda water and enjoy the grapefruit and pineapple fruit soda.

Calories:

- 332 calories per 40 oz. yield (1200ml)
- 83 calories per 10 oz. glass (300ml)

4. Orange Fruit Soda

This orange fruit soda is an excellent healthy and low calorie replacement for orange soda. It can be made up in just a few minutes, tastes great and is full of fiber, vitamin C and many other health boosting nutrients.

Equipment Required:

- 4 large glasses
- 1 blender

Ingredients Required:

- 3 medium peeled oranges (393g)
- 1.5 cups of orange juice (12 oz./360g)
- 1.5 cups of soda water (12 oz./360g)
- 1/2 cup of crushed ice (4 oz./120g)

Instructions:

- 1) Place an equal amount of crushed ice in each of the four large glasses.
- 2) Place the oranges and orange juice in the blender and blend until the mixture becomes smooth.
- 3) Once the mixture is smooth, stop blending and pour an equal amount of the mixture into each of the four large glasses.
- 4) Top each of the four large glasses with an equal amount of soda water and enjoy the orange fruit soda.

Calories:

- 348 calories per 40 oz. yield (1200ml)
- 87 calories per 10 oz. glass (300ml)

5. Peach & Passion Fruit Soda

This peach and passion fruit soda is smooth and tangy in equal measures. It's also loaded with fiber, vitamin A and vitamin C.

Equipment Required:

- 4 large glasses
- 1 blender

Ingredients Required:

- 2 large chopped peaches (11.7 oz./350g)
- 1.5 cups of passion fruit (12 oz./360g)
- 1.5 cups of peach juice (12 oz./360g)
- 1.5 cups of soda water (12 oz./360g)
- 1/2 cup of crushed ice (4 oz./120g)

Instructions:

- 1) Place an equal amount of crushed ice in each of the four large glasses.
- 2) Place the passion fruit, peach and peach juice in the blender and blend until the mixture becomes smooth.
- 3) Once the mixture is smooth, stop blending and pour an equal amount of the mixture into each of the four large glasses.
- 4) Top each of the four large glasses with an equal amount of soda water and enjoy the peach and passion fruit soda.

Calories:

- 348 calories per 40 oz. yield (1200ml)
- 87 calories per 10 oz. glass (300ml)

Chapter 4 – 5 Low Calorie Iced Tea Recipes

Iced tea is an extremely popular drink. However, most branded iced teas are loaded with sugar and other unnatural ingredients, so they're not a great choice when it comes to weight loss or health. The five iced tea recipes below use natural ingredients, contain no more than 109 calories per 10 oz. glass (300ml) and taste just as good (if not even better) than the branded versions.

1. Apple, Cinnamon & Ginger Iced Tea

This apple, cinnamon and ginger iced tea is a great choice if you're looking for a refreshing drink with a slightly spicy kick. It takes around 20 minutes to make up a jug but you also need to leave it to chill for a couple of hours before drinking.

Equipment Required:

- 1 large bowl
- 1 large jug
- 1 saucepan with lid
- 1 sieve
- 1 wooden spoon

Ingredients Required:

- 4 cinnamon sticks (1 oz./30g)
- 4 large de-cored and quartered apples (29.7 oz./892g)
- 3 cups of apple juice (24 oz./720ml)
- 2 cups of ice cubes (16 oz./480g)
- 2 tablespoons of black tea leaves (1 oz./30g)
- 2 tablespoons of honey (1 oz./30g)
- 1 teaspoon of ginger powder (0.17 oz/5g)

Instructions:

- 1) Add the black tea leaves and cinnamon sticks to the large bowl.
- 2) Add the apple juice, apple quarters, honey and ginger powder to the saucepan, stir well with the wooden spoon and then place the saucepan on the cooktop on a high heat.
- 3) Heat the apple juice until it starts to boil, then reduce the heat to low and let it simmer for 30 minutes.
- 4) After 30 minutes, remove the saucepan from the cooktop, turn off the heat and pour the contents of the saucepan into the large bowl.
- 5) Give all the ingredients in the large bowl a thorough stir with the wooden spoon, cover the large bowl with the pan lid and let the mixture steep for 5 minutes.
- 6) While the ingredients are steeping, add the ice cubes to the large jug.
- 7) Once the ingredients have steeped for 5 minutes, place the sieve over the large jug and strain the apple, cinnamon and ginger tea mixture into it.

- 8) After all the apple, cinnamon and ginger tea has been strained into the large jug, leave it to cool for 30 minutes.
- 9) After 30 minutes, place the large jug in the refrigerator for at least 1 hour and then enjoy the apple, cinnamon and ginger iced tea whenever you please.

Calories:

- 412 calories per 40 oz. yield (1200ml)
- 103 calories per 10 oz. glass (300ml)

2. Blueberry & Raspberry Iced Tea

This blueberry and raspberry iced tea is full of juicy goodness and extremely hydrating. For the best flavor, it needs to be prepared at least a couple of hours in advance of drinking.

Equipment Required:

- 1 large bowl
- 1 large jug
- 1 saucepan with lid
- 1 sieve
- 1 wooden spoon

Ingredients Required:

- 3 cups of raspberry juice (24 oz./720ml)
- 2 cups of ice cubes (16 oz./480g)
- 1.25 cups of blueberries (10 oz./300g)
- 1.25 cups of raspberries (10 oz./300g)
- 2 tablespoons of black tea leaves (1 oz./30g)
- 1 tablespoon of sugar (1/2 oz./15g)

Instructions:

- 1) Add the black tea leaves to the large bowl.
- 2) Add the blueberries, raspberries, raspberry juice and sugar to the saucepan, stir well with the wooden spoon and then place the saucepan on the cooktop on a high heat.
- 3) Heat the raspberry juice until it starts to boil, then reduce the heat to low and let it simmer for 30 minutes.
- 4) After 30 minutes, remove the saucepan from the cooktop, turn off the heat and pour the contents of the saucepan into the large bowl.
- 5) Give all the ingredients in the large bowl a thorough stir with the wooden spoon, cover the large bowl with the pan lid and let the mixture steep for 5 minutes.
- 6) While the ingredients are steeping, add the ice cubes to the large jug.
- 7) Once the ingredients have steeped for 5 minutes, place the sieve over the

- large jug and strain the blueberry and raspberry tea mixture into it, making sure that you push down on the blueberries and raspberries with the wooden spoon to fully release their juices.
- 8) After all the blueberry and raspberry tea has been strained into the large jug, leave it to cool for 30 minutes.
 - 9) After 30 minutes, place the large jug in the refrigerator for at least 1 hour and then enjoy the blueberry and raspberry iced tea whenever you please.

Calories:

- 436 calories per 40 oz. yield (1200ml)
- 109 calories per 10 oz. glass (300ml)

3. Citrus & Mint Iced Tea

This citrus and mint iced tea has hints of lemon and orange and a cooling minty aftertaste. It takes about 20 minutes to put together and needs to be chilled for at least 2 hours before drinking.

Equipment Required:

- 1 large bowl
- 1 large jug
- 1 saucepan with lid
- 1 sieve
- 1 wooden spoon

Ingredients Required:

- 32 mint leaves
- 3 cups of orange juice (24 oz./720ml)
- 2 cups of ice cubes (16 oz./450g)
- 2 tablespoons of black tea leaves (1 oz./30g)
- 1 sliced lemon (2.8 oz./84g)

Instructions:

- 1) Add the black tea leaves and mint leaves.
- 2) Add the lemon slices and orange juice to the saucepan, stir well with the wooden spoon and then place the saucepan on the cooktop on a high heat.
- 3) Heat the orange juice until it starts to boil, then reduce the heat to low and let it simmer for 30 minutes.
- 4) After 30 minutes, remove the saucepan from the cooktop, turn off the heat and pour the contents of the saucepan into the large bowl.
- 5) Give all the ingredients in the large bowl a thorough stir with the wooden spoon, cover the large bowl with the pan lid and let the mixture steep for 5 minutes.
- 6) While the ingredients are steeping, add the ice cubes to the large jug.

- 7) Once the ingredients have steeped for 5 minutes, place the sieve over the large jug and strain the citrus and mint tea mixture into it, making sure that you push down on the lemon slices with the wooden spoon to fully release their juices.
- 8) After all the citrus and mint tea has been strained into the large jug, leave it to cool for 30 minutes.
- 9) After 30 minutes, place the large jug in the refrigerator for at least 1 hour and then enjoy the citrus and mint iced tea whenever you please.

Calories:

- 324 calories per 40 oz. yield (1200ml)
- 81 calories per 10 oz. glass (300ml)

4. Peach Iced Tea

This peach iced tea has a smooth, satisfying flavor and is extremely refreshing. It needs to be made at least 2 hours before you drink it in order to properly chill.

Equipment Required:

- 1 large bowl
- 1 large jug
- 1 saucepan with lid
- 1 sieve
- 1 wooden spoon

Ingredients Required:

- 4 large quartered peaches (23.3 oz./700g)
- 3 cups of peach juice (24 oz./750ml)
- 2 cups of ice cubes (16 oz./450g)
- 2 tablespoons of black tea leaves (1 oz./30g)
- 2 tablespoons of sugar (1 oz./30g)

Instructions:

- 1) Add the black tea leaves to the large bowl.
- 2) Add the peach juice, peach quarters and sugar to the saucepan, stir well with the wooden spoon and then place the saucepan on the cooktop on a high heat.
- 3) Heat the peach juice until it starts to boil, then reduce the heat to low and let it simmer for 30 minutes.
- 4) After 30 minutes, remove the saucepan from the cooktop, turn off the heat and pour the contents of the saucepan into the large bowl.
- 5) Give all the ingredients in the large bowl a thorough stir with the wooden spoon, cover the large bowl with the pan lid and let the mixture steep for 5 minutes.
- 6) While the ingredients are steeping, add the ice cubes to the large jug.

- 7) Once the ingredients have steeped for 5 minutes, place the sieve over the large jug and strain the peach tea mixture into it, making sure that you push down on the peach quarters with the wooden spoon to fully release their juices.
- 8) After all the peach tea has been strained into the large jug, leave it to cool for 30 minutes.
- 9) After 30 minutes, place the large jug in the refrigerator for at least 1 hour and then enjoy the peach iced tea whenever you please.

Calories:

- 416 calories per 40 oz. yield (1200ml)
- 104 calories per 10 oz. glass (300ml)

5. Strawberry Iced Tea

This strawberry iced tea is a sweet and refreshing choice that incorporates one of the most popular fruits. It needs to be prepared at least couple of hours before drinking but it can be left to chill as long as you like.

Equipment Required:

- 1 large bowl
- 1 large jug
- 1 saucepan with lid
- 1 sieve
- 1 wooden spoon

Ingredients Required:

- 3 cups of strawberry juice (24 oz./720ml)
- 2.5 cups of halved strawberries (20 oz./600g)
- 2 cups of ice cubes (16 oz./480g)
- 2 tablespoons of black tea leaves (1 oz./30g)
- 2 tablespoons of sugar (1 oz./30g)

Instructions:

- 1) Add the black tea leaves to the large bowl.
- 2) Add the halved strawberries, strawberry juice and sugar to the saucepan, stir well with the wooden spoon and then place the saucepan on the cooktop on a high heat.
- 3) Heat the strawberry juice until it starts to boil, then reduce the heat to low and let it simmer for 30 minutes.
- 4) After 30 minutes, remove the saucepan from the cooktop, turn off the heat and pour the contents of the saucepan into the large bowl.
- 5) Give all the ingredients in the large bowl a thorough stir with the wooden spoon, cover the large bowl with the pan lid and let the mixture steep for 5 minutes.

- 6) While the ingredients are steeping, add the ice cubes to the large jug.
- 7) Once the ingredients have steeped for 5 minutes, place the sieve over the large jug and strain the strawberry tea mixture into it, making sure that you push down on the strawberries with the wooden spoon to fully release their juices.
- 8) After all the strawberry tea has been strained into the large jug, leave it to cool for 30 minutes.
- 9) After 30 minutes, place the large jug in the refrigerator for at least 1 hour and then enjoy the strawberry iced tea whenever you please.

Calories:

- 396 calories per 40 oz. yield (1200ml)
- 99 calories per 10 oz. glass (300ml)

Chapter 5 – 5 Low Calorie Natural Juice Recipes

Juicing is a fantastic way to load up on vitamins, minerals and phytonutrients while also staying hydrated in the sun. It's also a very low calorie option with the vegetable juices adding plenty of nutrition but very few additional calories. Since these recipes incorporate fresh fruit and vegetable juices, you should attempt to drink them within 3 days of making them to get the maximum nutrition and flavor.

1. Apple, Carrot & Cucumber Juice

This apple, carrot and cucumber juice is packed full of vitamin A, vitamin C and many other health boosting nutrients.

Equipment Required:

- 1 juicer
- 1 sealable airtight jug

Ingredients Required:

- 10 large chopped carrots (26 oz./780g)
- 2 large chopped apples (14.9 oz./446g)
- 1 chopped cucumber (10 oz./301g)
- 1 inch of ginger root

Instructions:

- 1) Run the apple, carrots and ginger through the juicer into the sealable airtight jug.
- 2) Place the sealable airtight jug in the refrigerator and enjoy the apple, carrot and cucumber juice whenever you please.

Calories:

- 576 calories per 40 oz. yield (1200ml)
- 144 calories per 10 oz. glass (300ml)

2. Blueberry, Celery & Watermelon Juice

This blueberry, celery and watermelon juice is light, sweet and refreshing. It's also a fantastic source of vitamin C and a range of other health boosting phytonutrients.

Equipment Required:

- 1 juicer
- 1 sealable airtight jug

Ingredients Required:

- 6 large celery stalks (12.8 oz./384g)
- 2.5 cups of blueberries (20 oz./600g)
- 2.5 cups of chopped watermelon chunks (20 oz./600g)

Instructions:

- 1) Run the blueberry, celery and watermelon juice through the juicer into the sealable airtight jug.
- 2) Place the sealable airtight jug in the refrigerator and enjoy the blueberry, celery and watermelon juice whenever you please.

Calories:

- 548 calories per 40 oz. yield (1200ml)
- 137 calories per 10 oz. glass (300ml)

3. Cucumber, Lime & Mint Juice

This cucumber, lime and mint juice is cool, tingly, refreshing and full of green goodness.

Equipment Required:

- 1 juicer
- 1 sealable airtight jug

Ingredients Required:

- 32 mint leaves
- 4 chopped cucumbers (40.1 oz./1204g)
- 4 peeled limes (11.2 oz./1336g)

Instructions:

- 1) Run the cucumber, lime and mint leaves through the juicer into the sealable airtight jug.
- 2) Place the sealable airtight jug in the refrigerator and enjoy the cucumber, lime and mint juice whenever you please.

Calories:

- 260 calories per 40 oz. yield (1200ml)
- 65 calories per 10 oz. glass (300ml)

4. Green Vegetable Juice

This green vegetable juice is a nutritional powerhouse and packed full of many different vitamins, minerals and phytonutrients. The best part is it contains less than 100 calories per glass.

Equipment Required:

- 1 juicer
- 1 sealable airtight jug

Ingredients Required:

- 6 large celery stalks (384g)
- 2 chopped cucumbers (20.1 oz./602g)
- 1 peeled lime (2.2 oz./67g)
- 3/4 cup of spinach (6 oz./180g)
- 3/4 cup of Swiss chard (6 oz./180g)

Instructions:

- 1) Run the celery, cucumber, lime, spinach and Swiss chard through the juicer into the sealable airtight jug.
- 2) Place the sealable airtight jug in the refrigerator and enjoy the green vegetable juice whenever you please.

Calories:

- 292 calories per 40 oz. yield (1200ml)
- 73 calories per 10 oz. glass (300ml)

5. Spicy Mixed Vegetable Juice

This spicy mixed vegetable juice incorporates a variety of colorful vegetables and provides you with plenty of health boosting nutrients. The cayenne also gives it an element of spice and makes it a perfect choice if you want a juice with a kick.

Equipment Required:

- 1 juicer
- 1 sealable airtight jug
- 1 teaspoon

Ingredients Required:

- 10 large radishes (3 oz./90g)
- 2 large celery stalks (4.3 oz./128g)
- 2 large chopped carrots (10.4 oz./312g)
- 2 large tomatoes (12.1 oz./364g)
- 1 chopped cucumber (10 oz./301g)
- 1 lemon (2.8 oz./84g)
- 1/2 head of romaine lettuce (10.4 oz./313g)
- 1 teaspoon of cayenne powder (0.17 oz./5g)

Instructions:

- 1) Run the carrots, celery, cucumber, lemon, romaine lettuce, radishes and

- tomato through the juicer into the sealable airtight jug.
- 2) Once all the juice has been fully extracted from the vegetables, sprinkle the cayenne powder on top of the juice and stir it thoroughly with the teaspoon.
 - 3) Once the cayenne powder has been stirred into the juice, place the sealable airtight jug in the refrigerator and enjoy the spicy mixed vegetable juice whenever you please.

Calories:

- 300 calories per 40 oz. yield (1200ml)
- 75 calories per 10 oz. glass (300ml)

Chapter 6 –5 Low Calorie Slushie Soda Recipes

Slushie sodas are a perfect way to stay cool during the months without loading up on calories. They use a combination of frozen fruit, fruit juice ice cubes and soda water to create a drink that's fizzy, super chilled and packed with nutrition. Since they use soda water, these low calorie slushies need to be drank as soon as you make them so that they don't go flat.

1. Apple & Cherry Slushie Soda

This apple and cherry slushie soda is tangy and refreshing. In addition to this, it contains lots of fiber and vitamin C.

Equipment Required:

- 4 large glasses
- 1 blender

Ingredients Required:

- 2 small de-cored and chopped frozen apples (10 oz./300g)
- 1.25 cups of soda water (10 oz./300ml)
- 1.25 cups of apple juice ice cubes (10 oz./300g)
- 1.25 cups of frozen cherries (10 oz./300g)

Instructions:

- 1) Place the apple juice ice cubes, frozen apples and frozen cherries in the blender and blend until the mixture becomes slushy.
- 2) Once the mixture becomes slushy, pour an equal amount of the apple and cherry slushie into each of the four large glasses.
- 3) Top each of the four large glasses with an equal amount of soda water and enjoy the apple and cherry slushie soda.

Calories:

- 504 calories per 40 oz. yield (1200ml)
- 126 calories per 10 oz. glass (300ml)

2. Citrus Slushie Soda

This citrus slushie soda is a perfect alternative to lemonade which replaces the sugar and unnatural ingredients with real citrus fruits. The best part is it can be put together in under 5 minutes.

Equipment Required:

- 4 large glasses

- 1 blender

Ingredients Required:

- 3 medium peeled and frozen oranges (13.1 oz./393g)
- 1.5 cups of orange juice ice cubes (12 oz./360g)
- 1.25 cups of soda water (10 oz./300ml)
- 1 peeled and frozen lemon (2.8 oz./84g)
- 1 peeled and frozen lime (2.2 oz./67g)

Instructions:

- 1) Place the frozen lemon, frozen lime, frozen oranges and orange juice ice cubes in the blender and blend them until the mixture becomes slushy.
- 2) Once the mixture becomes slushy, pour an equal amount of the citrus slushie into each of the four large glasses.
- 3) Top each of the four large glasses with an equal amount of soda water and enjoy the citrus slushie soda.

Calories:

- 392 calories per 40 oz. yield (1200ml)
- 98 calories per 10 oz. glass (300ml)

3. Kiwi & Watermelon Slushie Soda

This kiwi and watermelon slushie soda has a light subtle flavor and is a great thirst quencher.

Equipment Required:

- 4 large glasses
- 1 blender

Ingredients Required:

- 5 large peeled and frozen kiwis (450g)
- 2 cups of chopped and frozen watermelon chunks (16 oz./480g)
- 1.25 cups of soda water (10 oz./300ml)

Instructions:

- 1) Place the frozen kiwis and frozen watermelon chunks in the blender and blend them until the mixture becomes slushy.
- 2) Once the mixture becomes slushy, pour an equal amount of the kiwi and frozen watermelon chunks into each of the four large glasses.
- 3) Top each of the four large glasses with an equal amount of soda water and enjoy the citrus slushie soda.

Calories:

- 400 calories per 40 oz. yield (1200ml)

- 100 calories per 10 oz. glass (300ml)

4. Mixed Berry & Grape Slushie Soda

This mixed berry and grape slushie soda has a rich, juicy flavor and is loaded with fiber along with many other health boosting nutrients. It takes just a few minutes to prepare and is a fantastic drink for getting instant ice cold refreshment on a hot day.

Equipment Required:

- 4 large glasses
- 1 blender

Ingredients Required:

- 1 cup of soda water (8 oz./240ml)
- 1 cup of blueberry juice ice cubes (8 oz./240ml)
- 3/4 cup of frozen blackberries (6 oz./180g)
- 3/4 cup of frozen blueberries (6 oz./180g)
- 3/4 cup of frozen cranberries (6 oz./180g)
- 3/4 cup of frozen red grapes (6 oz./180g)

Instructions:

- 1) Place the blueberry juice ice cubes, frozen blackberries, frozen blueberries, frozen cranberries and frozen red grapes in the blender and blend them until the mixture becomes slushy.
- 2) Once the mixture becomes slushy, pour an equal amount of the mixed berry and grape slushie into each of the four large glasses.
- 3) Top each of the four large glasses with an equal amount of soda water and enjoy the mixed berry and grape slushie soda.

Calories:

- 432 calories per 40 oz. yield (1200ml)
- 108 calories per 10 oz. glass (300ml)

5. Strawberry & Raspberry Slushie Soda

This strawberry and raspberry slushie soda is packed full of fiber, vitamins and flavor. It has a smooth satisfying taste and is very light and hydrating.

Equipment Required:

- 4 large glasses
- 1 blender

Ingredients Required:

- 1.5 cups of frozen raspberries (12 oz./360g)
- 1.5 cups of frozen strawberries (12 oz./360g)
- 1 cup of soda water (8 oz./240ml)
- 1 cup of strawberry juice ice cubes (8 oz./240g)

Instructions:

- 1) Place the frozen raspberries, frozen strawberries and strawberry juice ice cubes in the blender and blend them until the mixture becomes slushy.
- 2) Once the mixture becomes slushy, pour an equal amount of the mixed berry and grape slushie into each of the four large glasses.
- 3) Top each of the four large glasses with an equal amount of soda water and enjoy the strawberry and raspberry slushie soda.

Calories:

- 448 calories per 40 oz. yield (1200ml)
- 112 calories per 10 oz. glass (300ml)

Chapter 7 –5 Low Calorie Smoothie Recipes

Smoothies are a popular drink that allow you to get all the nutrition of a regular meal in liquid form. Since they're made using natural ingredients, they're also very light and the five smoothie recipes below each contain less than 200 calories per 10 oz. glass (300ml). Since these smoothies contain lots of fresh ingredients, make sure you drink them within 3 days of preparation.

1. Apple, Cinnamon & Grape Smoothie

This apple, cinnamon and grape smoothie is juicy and refreshing with a hint of spice.

Equipment Required:

- 1 blender
- 1 sealable airtight jug
- 1 teaspoon

Ingredients Required:

- 2.5 cups of green grapes (20 oz./600g)
- 2 small chopped apples (10 oz./300g)
- 1.25 cups of crushed ice (10 oz./300g)
- 1 teaspoon of cinnamon powder (0.17 oz./5g)

Instructions:

- 1) Place the chopped apple, crushed ice and green grapes in the blender and blend them until the mixture becomes frothy.
- 2) Once the mixture becomes frothy, pour the apple and grape smoothie mixture into the sealable airtight jug, sprinkle the cinnamon powder on top of the smoothie and stir it thoroughly with the teaspoon.
- 3) Once the cinnamon powder has been stirred into the smoothie, place the sealable airtight jug in the refrigerator and enjoy the apple, cinnamon and grape smoothie whenever you please.

Calories:

- 536 calories per 40 oz. yield (1200ml)
- 134 calories per 10 oz. glass (300ml)

2. Banana & Blueberry Smoothie

This banana and blueberry smoothie is both sweet and creamy. It contains plenty of protein, lots of fiber and a good dose of various vitamins and minerals.

Equipment Required:

- 1 blender
- 1 sealable airtight jug

Ingredients Required:

- 2 cups of blueberries (16 oz./480g)
- 1.25 cups of crushed ice (10 oz./300g)
- 1.25 cups of Greek yogurt (10 oz./300g)
- 1 large chopped banana (4.5 oz./136g)

Instructions:

- 1) Place the blueberries, chopped banana, crushed ice and Greek yogurt into the blender and blend them until the mixture becomes frothy.
- 2) Once the mixture becomes frothy, pour the banana and blueberry smoothie into the sealable airtight jug, place it in the refrigerator and enjoy whenever you please.

Calories:

- 572 calories per 40 oz. yield (1200ml)
- 143 calories per 10 oz. glass (300ml)

3. Berry & Cherry Smoothie

This berry and cherry smoothie is creamy, sweet and satisfying. It's also loaded with health boosting anthocyanins, fiber and vitamin C.

Equipment Required:

- 1 blender
- 1 sealable airtight jug

Ingredients Required:

- 1.5 cups of crushed ice (12 oz./360g)
- 1.5 cups of Greek yogurt (12 oz./360g)
- 1/2 cup of blackberries (4 oz./120g)
- 1/2 cup of cherries (4 oz./120g)
- 1/2 cup of raspberries (4 oz./120g)
- 1/2 cup of strawberries (4 oz./120g)

Instructions:

- 1) Place the blackberries, cherries, crushed ice, raspberries and strawberries in the blender and blend them until the mixture becomes frothy.
- 2) Once the mixture becomes frothy, pour the berry and cherry smoothie into the sealable airtight jug, place it in the refrigerator and enjoy whenever you please.

Calories:

- 516 calories per 40 oz. yield (1200ml)
- 129 calories per 10 oz. glass (300ml)

4. Coconut, Mango & Papaya Smoothie

This coconut, mango and papaya smoothie is full of tropical flavor and a perfect drink on a hot day. It's also packed full of fiber, healthy fats and protein.

Equipment Required:

- 1 blender
- 1 sealable airtight jug

Ingredients Required:

- 1.25 cups of crushed ice (10 oz./300g)
- 1.25 cups of chopped mango chunks (10 oz./300g)
- 1.25 cups of chopped papaya chunks (10 oz./300g)
- 1.25 cups of shredded coconut meat (10 oz./300g)

Instructions:

- 1) Place the coconut meat, crushed ice, mango chunks and papaya chunks in the blender and blend them until the mixture becomes frothy.
- 2) Once the mixture becomes frothy, pour the coconut, mango and papaya smoothie into the sealable airtight jug, place it in the refrigerator and enjoy whenever you please.

Calories:

- 440 calories per 40 oz. yield (1200ml)
- 110 calories per 10 oz. glass (300ml)

5. Orange & Peach Smoothie

This orange and peach smoothie has a smooth, citrus flavor and is loaded with fiber, protein and vitamin C.

Equipment Required:

- 1 blender
- 1 sealable airtight jug

Ingredients Required:

- 3 small peeled oranges (10 oz./300g)
- 2 medium peaches (10 oz./300g)
- 1.25 cups of crushed ice (10 oz./300g)
- 1.25 cups of Greek yogurt (10 oz./300g)

Instructions:

- 1) Place the crushed ice, Greek yogurt, oranges and peaches in the blender and blend them until the mixture becomes frothy.
- 2) Once the mixture becomes frothy, pour the orange and peach smoothie into the sealable airtight jug, place it in the refrigerator and enjoy whenever you please.

Calories:

- 552 calories per 40 oz. yield (1200ml)
- 138 calories per 10 oz. glass (300ml)

Summary – Stay Healthy & Hydrated

I hope you enjoy these 35 healthy drink recipes and that they help prevent liquid calories sabotaging your weight loss efforts.

You can also use these recipes as inspiration for your very own healthy drinks. Simply swap out some of the ingredients in the recipes above, replace them with your favorite ingredients and you can create your own healthy, low calorie concoctions.

Have fun preparing these drinks, and stay healthy and hydrated 😊.