
JOIN IN THE CELEBRATIONS WITH A

Gutful of Goodness

Elevate your alcohol-free cocktail repertoire with some of our favourite recipes to help you drink well all season.

Each delicious recipe is made with ingredients from our P3 Summer Spritz kit that'll help keep your gut feeling happy all through the summer festivities.



WELLBEING STARTS WITH YOUR GUT



Merry Thyme

MARGARITA

With a bright burst of citrus and the floral notes of Voney, this is perfect to serve for brunch or afternoon drinks!

Ingredients (1 serving)

- 15ml P3 Gut Builder
- 60ml freshly squeezed lime juice
- 60ml fresh squeezed grapefruit juice
- 30ml freshly squeezed orange juice
- 30ml Voney Thyme Syrup
- Coarse sea salt, to rim serving glass

Voney Thyme Syrup

- ½ cup water
- ½ cup Voney
- 10 sprigs of fresh thyme

Instructions

Make the honey thyme syrup by adding water, Voney, and thyme to a pot. Bring to a simmer until dissolved. Remove from heat and let thyme steep for 30 minutes. Strain out thyme. Transfer syrup to airtight container and keep at room temperature.

Fill cocktail shaker with ice. Add P3 Gut Builder, lime juice, grapefruit juice, orange juice, and Voney thyme syrup. Shake well until well chilled. Strain into a salt-rimmed serving glass.



Light & Bright

LEMON MYRTLE FIZZ

Fun and packed full of flavour, this mouth-watering drink is sure to be a crowd-favourite.

Ingredients (1 serving)

- 1 tsp lemon myrtle flakes
- 8 pepper berries
- 1/4 cup Voney
- 1/3 cup room temperature water

Fizz Mocktail

- 30 ml freshly squeezed lemon juice
- 60 ml simple syrup (above)
- 15 ml P3 Gut Builder
- 1 tsp lemon myrtle infused raw honey
- 1 egg white or 2 tbsp aquafaba
- 5 ice cubes
- Soda

Instructions

Add all ingredients to a small saucepan on low heat. Allow the syrup to come to a boil, then turn off your element and allow the syrup cool to room temperature. Strain the lemon myrtle flakes using a sieve or muslin cloth before adding the syrup to your mocktail.

Add the lemon juice, simple syrup, lemon myrtle infused raw honey, P3 Gut Builder and egg white or aquafaba to a cocktail shaker. Shake for 20-30 seconds until the egg white/ aquafaba is emulsified and the mixture has gone creamy.

Add ice and shake again for 20 seconds until the mixture is cold and the shaker starts to frost. Strain into a glass of your choice and top with soda, pouring slowly to avoid fizz. Garnish with dried citrus.



Freshly Minted

FINGER LIME MOJITO

Get the party started with this fresh take on a mojito. Make by the jugful to have this ready and waiting.

Ingredients (1 jug)

- 40 Mint Leaves
- 8 Finger Limes (or use 1/2 cup freshly squeezed lime juice)
- 60 ml P3 Gut Builder
- 1 tsp finger lime infused raw honey
- 1/2 cup honey syrup
- Ice
- Soda Water

Voney Syrup

- 1 cup Voney
- 1 cup water

Instructions

Place the Voney and water in a small pot on medium-high heat to make the syrup. Bring to a boil and continue stirring until Voney is dissolved into the water. Remove from the heat and allow to cool to room temperature.

Add the mint leaves, finger lime infused raw honey and lime into a jug. Use a muddler to crush the mixture releasing the juices and pulp from the limes. In each glass stir in 2 tablespoons of Voney syrup, P3 Gut Builder and top with ice and soda water.



Produced with

 BROADSHEET

P 3

#HitAnd Sunk

Created by Alessandro Nardini, venue manager and bartender at Fable in Melbourne's CBD, this aromatic & zesty spritz has all the makings of a summer classic.

Ingredients (1 serving)

- 30ml grapefruit shrub (preparation instructions below)
- 200g grapefruit
- 20g grapefruit peel
- 100g Voney
- 80ml apple cider vinegar
- 15ml P3 Gut Builder
- 1 bar spoon Finger lime infused raw honey
- 60ml soda water
- Crushed ice

Instructions

To prepare the grapefruit shrub, peel half a fresh grapefruit and add peels into a blender. Remove whites from the fruit and add the grapefruit, Voney and apple cider vinegar into the blender. Blend until the mixture is homogenous.

Pour liquid into a sterilised bottle, cap it and let it rest in the fridge. After 2-3 days, strain the mixture into a fresh container, eliminating all solid particles.

To prepare, combine grapefruit shrub, P3 Gut Builder, finger lime infused raw honey (substitute with Voney for a vegan cocktail option) in a tall, chilled cocktail glass.

Stir thoroughly, then add soda water and top with crushed ice. Garnish using grapefruit, blood orange and edible flora garnish.