

# Refreshing Mint & Cucumber Mojito Mocktail

**Mocktails are "mock" cocktails, meaning they are delicious cocktail beverages, without the alcohol! Mocktails allow you to enjoy a social drink while sticking with your healthy lifestyle.**

## Ingredients:

- 1 lime, quartered
- 2 sprigs fresh mint leaves
- 1 tablespoon honey
- 2 slices of cucumber
- 6 ice cubes, or as needed
- 4 oz sparkling water

## Directions:

1. Squeeze the lime quarters into a tall glass, and drop the limes into the bottom of the glass.
2. Add the mint leaves.
3. Muddle the mint well with the back of a spoon or muddler.
4. Add honey and mix together with muddled mint.
5. Place the cucumber slices into the glass, and fill with ice cubes.
6. Top off with sparkling water, stir and serve! Feel free to add a lime wedge or cucumber slice for garnish!



**This refreshing Mocktail is not only delicious but also contains tons of health promoting nutrients!**

## Cucumber:

- Contains Potassium which helps lower Blood Pressure
- Contains Vitamin K which is an essential nutrient for blood clotting & building strong bones

## Lime:

- Contains Vitamin C which helps your immune system battle harmful germs & bacteria
- Has a low Glycemic Index, which helps to maintain normal blood sugar levels

## Mint:

- Promotes digestion, helps to soothe stomach inflammation and indigestion



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## Honey:

- Contains antioxidants and antibacterial agents that help protect your body against disease
- Helps to digest fat stored in your body



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