

Sweet Treat Mocktail Recipe: “Summer Citrus Glow”



Ingredients

- ½ cup fresh orange juice
- ½ cup sparkling water or soda water
- 1 tbsp fresh lemon or lime juice
- 1 tsp honey or agave (optional)
- A few fresh mint leaves
- Ice cubes
- Optional: orange/lime wedge for garnish

Directions

1. In a glass, muddle mint leaves with the citrus juice and sweetener.
2. Add ice cubes and pour in sparkling water.
3. Stir gently and garnish with citrus wedges.
4. Sip slowly under the sunshine — feel fresh, light, and energized!
5. Mindful Moment: As you sip, reflect on how far you’ve come and toast to your beautiful growth this season.

xo, Coach Jo