



# HEALTHY BEVERAGES

## Healthier Alternatives to Kool-Aid & Soda



### Healthy Kid Berry Berry Beverage Better Than Kool Aid!

1. Steep for 20 minutes, Five (5) Herbal “Berry Tea Bags in
2. 1 1/2 quarts of boiled Reverse Osmosis Purified Water.
3. Add heaping 1/4 teaspoon of Stevia Powder (May Adjust Stevia For Taste)
4. Pour over 1/2 gallon container filled with Reverse Osmosis Purified Ice Cubes
5. Can enhance this by adding 2 ounces of Concentrated 100% Juice. Examples: Black Cherry, Blueberry, etc.
6. Also makes Great Icicle Pops!

## EVERYDAY LEMONADE OR LIMEADE

- 1 cup fresh Lemon Juice (mixed with Lime if you like)
- 1/2 tsp (heaping) Stevia Powder
- 1 gallon pure water
- To Make it pink – add raspberries (puree them)
- To Make it blue – add blueberries
- To Make Lemon or Lime Pops: Freeze lemonade, add berries, or juice of berries, to change color, add coconut milk.



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### HEALTHY SPARKLING JUICE SODA ALL YEAR!

Using ANY ONE of the following concentrates:

- Fresh lemon juice (or lime, or half of each)
- Ginger Juice (from the Ginger People, <http://www.gingerpeople.com> ) or Fresh Ginger
- Unsweetened Black Cherry Juice (health store favorite)
- Or any unsweetened juice or puree
- Mix blueberry and pomegranate concentrate together
- Add Organic Sparkling Mineral Water (any healthy source)

### MAKE TASTY SODA BY THE GLASS

- 1 oz. concentrated juice for every 6 oz of another concentrated juice.
- Stevia to taste (we use 1/16th - 1/8th tsp for 16oz)
- stir with chopsticks until Stevia disappears
- add ice then the organic *sparkling mineral water*
- Optional floating condiments sliced lemons or berries

**Build to taste, once you have it the way you like it, mark it on a card so you can repeat it.**

### HEALTHY FRUIT JUICE (LOW ACID, pHEALTHY)

- Pure Concentrate Juice (blueberry, wild cherry, pomegranate, etc)
- Stevia to taste (we use 1/4 tsp per 1/2 gallon)
- Reverse Osmosis Purified Water (usually 6:1 ratio of water to juice concentrate)