

FASTER WAY

T O F A T L O S S [®]



**SUMMER
MOCKTAILS**

PASSIONFRUIT SUNRISE

SERVES 1

4 OZ CRUSHED PINEAPPLE PUREE,
FRESH TASTES THE BEST
BUT MAY USE CANNED IN A PINCH

4 OZ GUAVA OR PASSION-FRUIT
JUICE

1 TBSP FRESH LIME JUICE

2 TSP GRENADINE SYRUP

1 LIME, SLICED

CRUSHED PINEAPPLE PUREE

1 FRESH PINEAPPLE, PEELED,
CORED & CHOPPED

PINCH OF COARSE SALT

ICE



In a blender, puree pineapple with salt. Fill a 16 oz glass with ice. Pour in guava or passion-fruit juice and lime juice. Add grenadine syrup and let it settle. Do not stir. Gently spoon 4 oz of pineapple puree on top. Garnish with a slice of lime. Enjoy!

(C: 47g; P: 1g; F: 0g; Fiber: 2.2g)

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SUMMER SANGRIA

SERVES 8

2 RIPE PEACHES, PITTED AND SLICED

10 STRAWBERRIES, SLICED IN THIRDS

1 SEEDLESS ORANGE, SLICED IN ROUNDS

4 OZ APPLE JUICE

1 TSP. HONEY

1 BOTTLE
SPARKLING
WHITE GRAPE JUICE

2 CUPS FRESHLY SQUEEZED
ORANGE JUICE



Macerate the peaches, strawberries, orange, apple juice and honey in a large pitcher for one hour. Fill the pitcher with ice. Pour in the sparkling white grape juice & fresh squeezed orange juice. Stir & serve.

(C: 31g; P: 1g; F: 0g; Fiber: 2g)

PINEAPPLE MOJITO

SERVES 1

10 FRESH MINT LEAVES

½ TSP. HONEY

¼ CUP PINEAPPLE JUICE

½ TSP. RUM EXTRACT

ICE

1 CAN LIME SPARKLING WATER

1 FRESH PINEAPPLE WEDGE,
OPTIONAL



Muddle the honey with the mint leaves in the bottom of a 10 oz glass. Next add the pineapple juice, rum extract and stir. Fill the glass with ice. Add sparkling water to the top. Stir & garnish with a pineapple wedge. Enjoy!

(C: 17g; P: 1g; F: 0g; Fiber: 3g)

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FROSTED RASPBERRY LEMONADE

SERVES 1

1 OZ NONDAIRY
FROZEN WHIPPED TOPPING

1/4 CUP LEMON JUICE, FRESHLY
SQUEEZED

3/4 CUP UNSWEETENED
COCONUT MILK, REFRIGERATED

1/4 CUP FROZEN RASPBERRIES

3 ICE CUBES

2 FRESH RASPBERRIES,
GARNISH
MINT LEAF, GARNISH



Combine lemon juice, coconut milk and raspberries and ice in a high-speed blender until smooth. Add the non dairy frozen whipped topping and pulse until just combined. Pour into a glass and enjoy!

(C: 38g; P: 3g; F: 10g; Fiber: 8g)