

# Mocktail Madness



**THE ULTIMATE GUIDE TO  
DELICIOUS DRINKS THAT KEEP  
YOU ON TRACK**

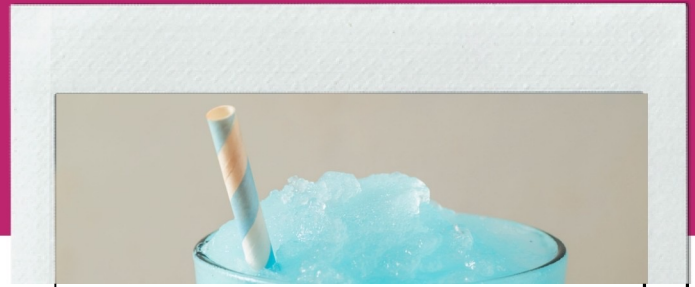
# BLUE RASPBERRY FREEZE

## Ingredients:

- 1/4 cup of lemon juice
- Ice
- 4 oz of water
- 4 oz of soda water
- 1 scoop of Intra Blue Raspberry

## Instructions:

- Add all ingredients to blender and blend
- Enjoy!



# MERMAID WATER MOCKTAIL

## Ingredients:

- ¼ a cup of pineapple Juice
- 1 cup of zero sugar glacier freeze gatorade
- 1 scoop of Intra Blue Raspberry
- Ice

## Instructions:

- Fill up cup with ice
- Add in ingredients, stir and enjoy!



# MOCK ARNOLD PALMER

## Ingredients:

- 3 ounces lemonade
- 3 ounces unsweetened iced tea
- 1 serving Intra Pink Lemonade



## Instructions:

- Add all ingredients to glass.
- Stir or shake and enjoy!



# RASPBERRY LEMON MOJITO

## Ingredients:

- 1 cup of raspberries
- 1 cup of mint leaves
- 1/2 a cup of lemon juice
- 1 fl oz of water
- 1 scoop of Intra Pink Lemonade

## Instructions:

- Muddle raspberries and mint leaves.
- Add 8 oz of water.
- Add lemon juice.
- Stir in Intra.
- Pour over ice and enjoy!



# HONEY BLACKBERRY MINT MOCKTAIL

## Ingredients:

- 5 fresh blackberries
- 1 tbsp of honey
- Handful of fresh mint leaves
- Juice of ½ a lemon
- ½ a cup of water
- 1 cup of soda water  
(carbonated water)
- 1 scoop of Sour Berry Smash  
Intra

## Instructions:

- In a cocktail shaker, muddle together the blackberries, honey and mint until very well blended.
- Add in Intra, lemon juice and water, and cover to shake the mix.
- Strain the mixture into a glass with ice and carbonated water.
- Garnish with blackberries and mint leaves.



# CITRUS BERRY CRUSH MOCKTAIL

## Ingredients:

- ¼ a cup of berries
- 1 can of lemon La Croix
- 1 fresh lime wedge
- 1 scoop of Sour Berry Smash Intra
- Ice



## Instructions:

- Muddle berries in the bottom of a glass.
- Add in ice.
- Pour La Croix over ice.
- Add in Intra and stir.
- Squeeze fresh lime on top and enjoy!

# GREEN APPLE MULE MOCKTAIL

## Ingredients:

- Diet Ginger beer
- 1 scoop of Sour Green Apple Intra
- Sparkling water
- Mint
- Lime



## Instructions:

- Muddle mint and lime wedge.
- Add in ice.
- Pour in half a bottle of ginger beer.
- Add Intra and stir.
- Top with sparkling water and enjoy!



# SOUR GREEN APPLE MOCKTAIL

## Ingredients:

- 4 oz of sugar free lemonade
- 1 scoop of Sour Green Apple Intra
- 1 oz of sugar free sprite
- Ice



## Instructions:

- Combine all ingredients in glass.
- Add ice, stir and enjoy!