

Dry July with **NATVIA**



Sweetened with
natvia
100% Natural

Celebrate

DRY JULY 2017

GET INSPIRED AND CREATE YOUR OWN DELICIOUS FUN
WITHOUT THE NASTY HANGOVER!

STAY HEALTHY THIS MONTH WITH THE NATVIA DRY JULY GUIDE.
DISCOVER THE HEALTHY WAY TO CELEBRATORY EVENTS ETIQUETTE,
A LONG AWAITED GIRLS NIGHT IN OR A FAMILY BBQ
WEEKEND. FROM A SUGAR-FREE VIRGIN MOJITO TO THE EXQUISITE
COCONUT CHOCO-TINI, THIS BOOK WILL HAVE SOMETHING
FOR EVERYBODY. GET INSPIRED FROM THESE DELICIOUS MOCKTAIL
RECIPES THAT ARE EASY TO MAKE AND PERFECT FOR TO
ENJOY WITH FAMILY AND FRIENDS.



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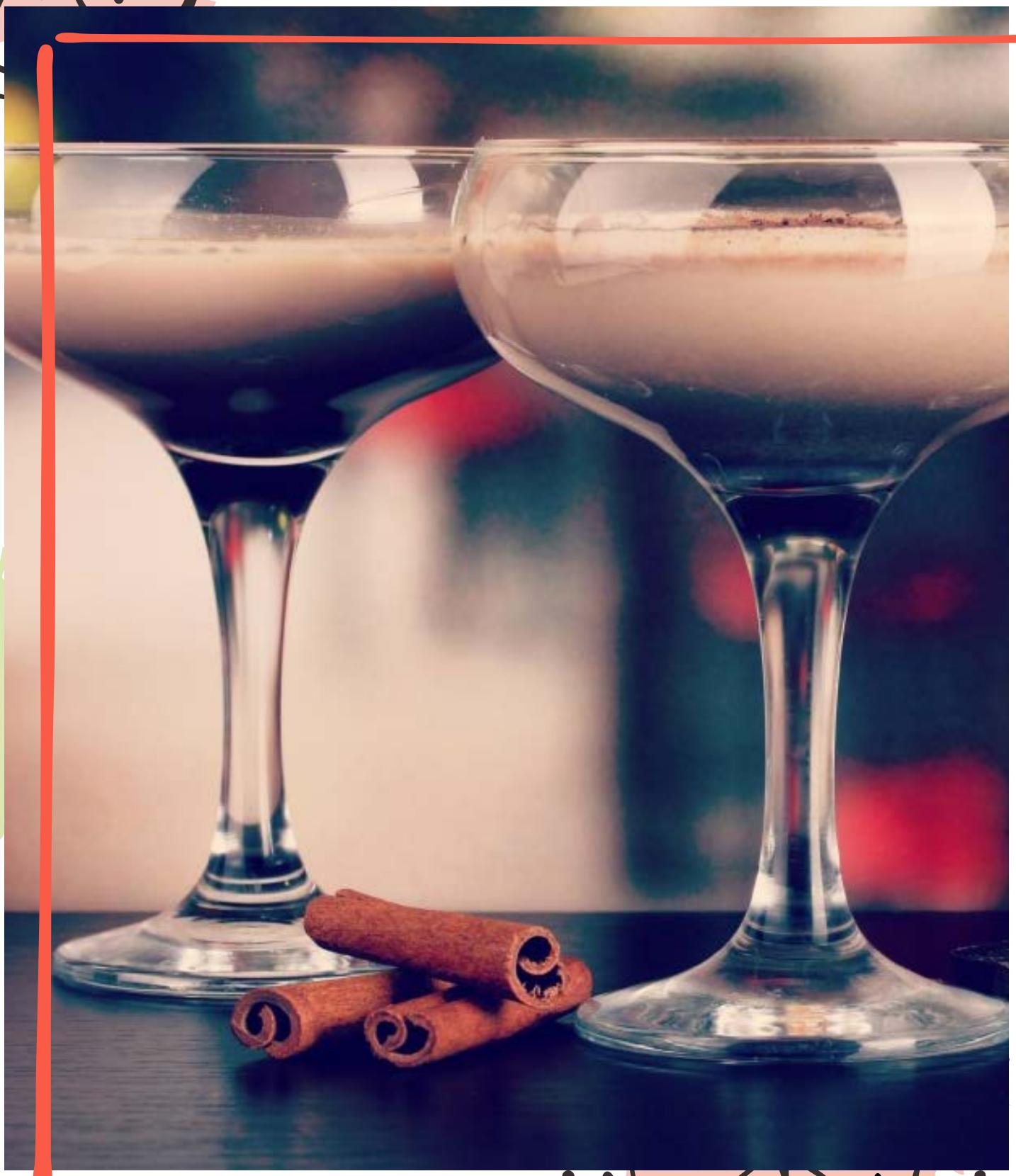
Coconut Choc-tini

INGREDIENTS

- 1/2 CUP NATVIA
- 2 TBSP RAW COCOA POWDER
- PINCH OF GROUND CINNAMON
- 1 CUP WATER
- 1 1/4 CUP ALMOND MILK
- 1 1/4 CUP COCONUT MILK
- 1/2 CUP HOT WATER

METHOD

1. SHREDDED COCONUT
2. CRUSHED HAZELNUTS
3. IN A SHAKER, COMBINE 1/2 NATVIA WITH 2 TBSP OF RAW COCOA POWDER, ADD 1/2 CUP OF HOT WATER AND SHAKE UNTIL EVENLY MIXED TOGETHER. SLOWLY POUR THE ALMOND MILK AND COCONUT MILK IN TOGETHER AND ADD A PINCH OF CINNAMON THEN KEEP MIXING THE INGREDIENTS TOGETHER WITH A COCKTAIL STIRRER OR A SPOON. ONCE YOU HAVE EVERYTHING MIXED PERFECTLY, ADD A HANDFUL OF ICE CUBES AND GIVE IT ONE LAST GOOD SHAKE.
4. POUR IT ALL IN A CHILLED MARTINI GLASS AND SPRINKLE SHREDDED COCONUT AND CRUSHED HAZELNUTS ON TOP.



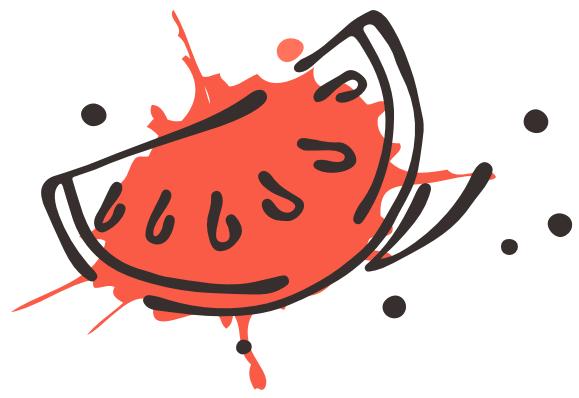
Watermelon Granita

INGREDIENTS

- 3/4 CUP WATER
- 1/3 CUP NATVIA
- 3 CUPS WATERMELON CUBES (SEEDLESS)
- 2 CUPS BLUEBERRIES

METHOD

1. IN A SMALL BOWL MIX AND STIR WATER AND NATVIA TOGETHER.
2. IN A FOOD PROCESSOR BLITZ WATERMELON, FOLLOWED BY ADDING THE BLUE BERRIES. BLEND UNTIL SMOOTH. ADD THE NATVIA WATER MIXTURE AND CONTINUE PROCESSING UNTIL SMOOTH.
3. TRANSFER TO BAKING DISH, COVER AND FREEZE FOR AT LEAST 2 HOURS.
4. USE A FORK TO BREAK UP THE FROZEN MIXTURE. COVER AND FREEZE FOR ANOTHER HOUR.
5. BREAK UP THE FROZEN MIX AGAIN AND TRANSFER IN MARTINI GLASS, PAPER CUPS OR MASON JAR. GARNISH WITH MORE BERRIES, MINT, OR AN UMBRELLA! ENJOY!



Frozen Strawberry Lemonade

INGREDIENTS

- 1/2 CUP/ 125ML /4.2 OZ FRESH LEMON JUICE
- 1 1/2 CUPS/ 187G /6.6 OZ FROZEN STRAWBERRIES
- 2 1/4 TBSP/ 31G /1.1 OZ NATVIA
- 1 CUP/ 250ML /8.4 OZ COLD WATER

METHOD

1. PLACE ALL OF THE INGREDIENTS IN A HIGH SPEED BLENDER AND BLEND UNTIL
2. FAIRLY SMOOTH (NO LARGE CHUNKS SHOULD REMAIN).
3. DIVIDE BETWEEN TWO GLASSES (CONTAINING SOME ICE IF NECESSARY).
4. GARNISH WITH FRESH STRAWBERRIES AND MINT LEAVES, IF DESIRED.





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Lush Kiwi Cocktail

INGREDIENTS

- 2 CUP/500ML/1 LB ML ICE CUBES
- 3 LARGE RIPE KIWI FRUIT, PEELED
- 1 LIME, JUICED AND FINELY GRATED RIND
- LIME SYRUP
- 1 1/4 CUP/300ML/10 OZ WATER
- 3 TBSP/4.2G/1.4OZ NATVIA
- 1 LIME, JUICED AND FINELY GRATED RIND



METHOD

1. TO MAKE THE LIME SYRUP, COMBINE WATER, NATVIA, RIND, AND JUICE IN A SMALL SAUCEPAN.
2. BRING TO A BOIL AND STIR REGULARLY.
3. SIMMER UNCOVERED FOR 5 MINUTES. COOL. POUR INTO A HEATPROOF JUG AND CHILL WELL.
4. TO MAKE THE COCKTAIL, PLACE THE CHILLED SYRUP, ICE CUBES, KIWI FRUIT, AND EXTRA LIME RIND AND JUICE INTO A BLENDER.
5. COVER AND BLITZ UNTIL SMOOTH AND FOAMY.
6. POUR INTO CHILLED SERVING GLASSES AND SERVE IMMEDIATELY.





Natvia Sparkling Lemonade



INGREDIENTS

- 3 TSP NATVIA
- 3 TBSP/60ML/2 OZ FRESHLY SQUEEZED LEMON JUICE
- 1 LEMON, FINELY SLICED INTO ROUNDS
- 3/4 CUP/188ML/6 OZ COLD SPARKLING WATER

METHOD

1. PLACE THE NATVIA AND LEMON JUICE IN A COCKTAIL MIXER FILLED WITH ICE.
2. SHAKE TO DISSOLVE NATVIA GRANULES.
3. STRAIN INTO A CHILLED MARTINI GLASS.
4. TOP WITH SPARKLING WATER AND GARNISH WITH A ROUND OF LEMON.



Blood Orange Detox Smoothie

INGREDIENTS

- 1 BLOOD ORANGE, PEELED
- 1 CUP/125ML CHOPPED FRESH PINEAPPLE
- 1 CUP/125G/4.2 OZ FROZEN STRAWBERRIES
- 5 LEAVES RED KALE, STALKS REMOVED
- 1 TSP MATCHA POWDER
- 1/4 CUP/60ML/2 OZ COCONUT WATER
- 2 TSP NATVIA
- 1 TRAY OF ICE

METHOD

- I. BLEND UNTIL SMOOTH AND ENJOY!



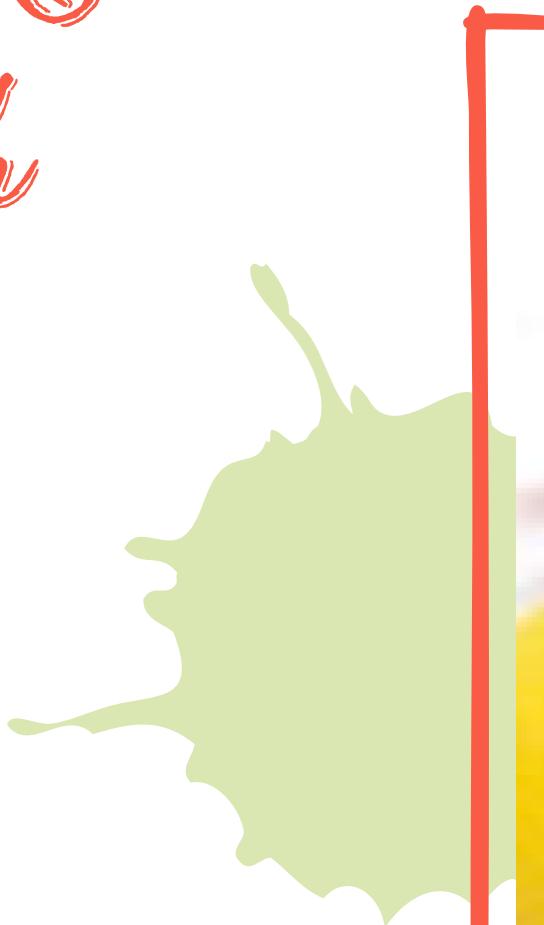


IG@healthyeating_jo

Lemon Mint Spritz

INGREDIENTS

- 1/2 PEELED LEMON
- 1/2 CUP/125ML WATER
- 1/2 CUP/125ML ICE
- 10 MINT LEAVES
- 1 TSP NATVIA
- 1 CUP/250ML SPARKLING WATER



METHOD

1. BLEND TOGETHER ALL INGREDIENTS APART FROM SPARKLING WATER.
2. SERVE BETWEEN TWO CHILLED GLASSES AND TOP UP WITH SPARKLING WATER.





Sugar-Free Lemonade

INGREDIENTS

- 1 CUP/180G/6.3 OZ NATVIA
- 2 CUPS/500ML/1 LB WATER
- 8 LEMONS
- 1 BOTTLE NATURAL SPRING WATER (OR STILL WATER DEPENDING IF YOU PREFER FIZZ OR NOT)



METHOD

1. IN A SAUCEPAN COMBINE NATVIA, 2 CUPS WATER AND THE RIND FROM 2 LEMONS. ALLOW TO SIMMER FOR 5 MINUTES.
2. MEANWHILE, JUICE LEMONS INTO A JUG, USING A SIEVE TO CATCH THE PIPS.
3. REMOVE NATVIA MIXTURE FROM THE STOVE AND POUR THROUGH SIEVE TO CATCH THE RIND. PLACE IN FRIDGE TO COOL.
4. WHEN READY TO SERVE, ADD IN SPARKLING OR STILL WATER AND MIX.



Virgin Mojito

INGREDIENTS

- 2 LIMES
- 2 TSP NATVIA
- 2 TSP POMEGRANATE MOLASSES
- 1/2 BUNCH FRESH MINT, LEAVES PICKED
- ICE CUBES
- 1 CUP/250ML/4.2 OZ SPARKLING WATER

METHOD

1. THINLY SLICE ONE LIME, THEN HALVE EACH SLICE. JUICE THE OTHER LIME.
2. DIVIDE NATVIA AND MOLASSES BETWEEN TWO GLASSES, ADD MOST OF THE MINT LEAVES, HALF OF THE LIME SLICES AND 'MUDDLE' (USE A MUDDLER, PESTLE OR THE END OF A WOODEN SPOON TO MASH THE LIME AND MINT, RELEASING THE OILS).
3. ADD ICE CUBES, REMAINING LIME SLICES, LIME JUICE AND TOP WITH SPARKLING WATER.
4. ADD REMAINING MINT LEAVES TO SERVE.



Raspberry Lime Flavoured Water

INGREDIENTS

- 1 CUP/125G/4.4OZ RASPBERRIES, FRESH OR FROZEN (DEFROSTED)
- 2 FRESH LIMES
- 1 TBSP/14G/0.5OZ NATVIA
- ICE
- WATER

METHOD

1. CUT LIMES INTO QUARTERS. SQUEEZE THE JUICE INTO A JAR OR JUG. THROW IN THE SQUEEZED
2. FILL THE JAR/JUG WITH ICE THEN WATER. DISSOLVE NATVIA IN A SMALL AMOUNT OF HOT



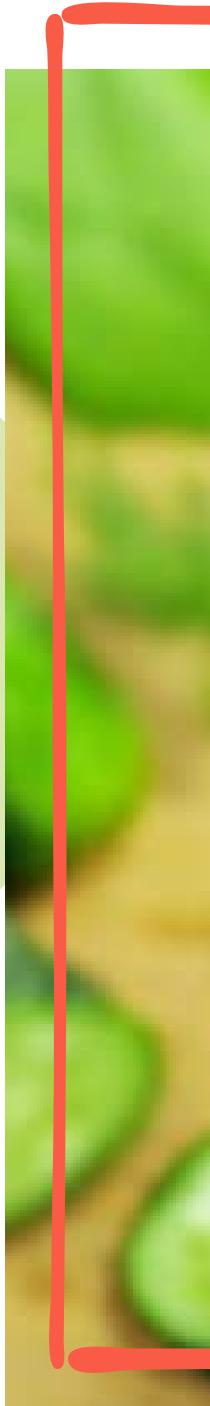
Cucumber Limeade

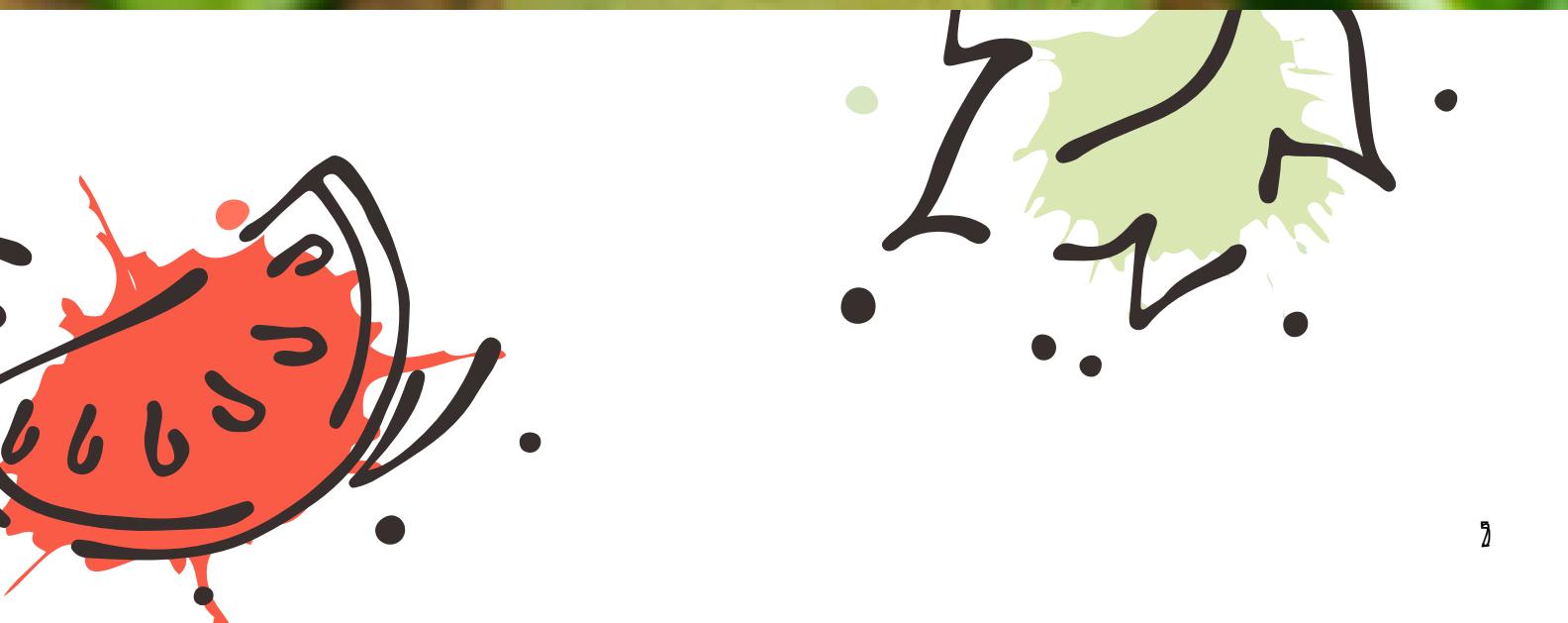
INGREDIENTS

- 1/2 CUP NATVIA
- 1/250G/8.8 OZ CUCUMBER
- 2 TBSP/28G/1 OZ NATVIA - 2 TBSP/40ML/1.4 OZ LIME JUICE
- 1 1/4 CUP/300ML/30 OZ WATER
- 10 ICE CUBES

METHOD

1. GRATE CUCUMBER, OMITTING THE SEEDS, AND DIVIDE AMONGST TWO GLASSES.
2. BLEND NATVIA, LIME JUICE, WATER, AND ICE CUBES TOGETHER UNTIL EVERYTHING IS WELL MIXED.
3. POUR INTO THE GLASSES OVER THE GRATED CUCUMBER, AND SERVE.





CHEERS!

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GET INSPIRED TO A SUGAR FREE LIFESTYLE!

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