



**New Dawn
Wellness**

Mocktail Recipes for Labor Day

Dawn Preisendorf

<http://www.newdawnwellness.com/>

Enjoy Refreshing Mocktails for your Labor Day Celebration

As we approach the 3-day Labor Day weekend, I wanted to provide some inspiration for refreshing drinks you can enjoy with friends, while still supporting your health and ensuring you feel great the next day!

I've curated this collection of delicious and healthful mocktail recipes to bring flavor, fun, and a festive touch to your celebrations.

I hope you'll discover a new favorite to share with loved ones - or to sip slowly while you take some time for yourself. [Let me know which ones you like!](#)

And if you or someone you care about is dealing with stubborn digestive or health challenges, I'd be happy to chat about natural ways to heal and restore vibrant health - so you (or they) can fully enjoy celebratory times like these with greater freedom and ease. You can visit my website or [book a Complimentary Jump-Start Consult here.](#)

Wishing you a relaxing, nourishing, and fun-filled holiday weekend.

Warmly,

Dawn

www.newdawnwellness.com

About Dawn Preisendorf, MA, CNC, CHWC

Dawn Preisendorf is a certified nutritionist and health coach who is passionate about the healing power of food, healthy lifestyle practices, and nature-connection as pathways to restoring health.

Dawn has studied functional nutrition and holistic health for 21 years; she has a master's degree in nutrition and health education from John F. Kennedy University, and earned her health coach certification through Wellcoaches. In addition, Dawn has completed more than 100 hours of post-graduate nutrition education using a functional medicine approach.

Dawn has a particular interest in gut health and hormone balance and is highly experienced in food-as-medicine approaches for many health challenges. She regularly teaches on health topics such as healthy weight, blood sugar balance, stress management, and women's health. She also facilitates groups focused on digestive health and loves guiding people in nature-based wellness experiences.

[Learn more about Dawn here.](#)



Blended Salty Watermelon Mocktail

1 serving
3 minutes

Ingredients

1/2 cup Coconut Water
1/4 Seedless Watermelon (small,
chopped)
2 tbsps Lime Juice
1/16 tsp Sea Salt

Nutrition

Amount per serving	
Calories	368
Fat	2g
Carbs	93g
Fiber	5g
Sugar	75g
Protein	7g
Cholesterol	0mg
Sodium	191mg
Vitamin A	6442IU
Vitamin C	113mg
Calcium	92mg
Iron	3mg

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Additional Benefits: Add a scoop of collagen powder.



Sparkling Salty Lime Mocktail

1 serving

3 minutes

Ingredients

1/2 cup Coconut Water
2 tbsps Lime Juice
1/16 tsp Sea Salt
5 Ice Cubes
1/2 cup Sparkling Water

Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	8g
Fiber	0g
Sugar	5g
Protein	0g
Cholesterol	0mg
Sodium	182mg
Vitamin A	15IU
Vitamin C	21mg
Calcium	25mg
Iron	0mg

Directions

- 1 Add the coconut water, lime juice, salt, and ice to a glass. Top with sparkling water and stir. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Additional Benefits: Add a scoop of collagen powder.



Pomegranate Thyme Mocktail

2 servings

5 minutes

Ingredients

1/2 cup Pomegranate Juice
2 tsp Maple Syrup
4 Ice Cubes (large)
2 cups Sparkling Water
1/4 cup Pomegranate Seeds
1/2 oz Thyme Sprigs

Nutrition

Amount per serving	
Calories	73
Fat	0g
Carbs	18g
Fiber	2g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	12mg
Vitamin A	337IU
Vitamin C	13mg
Calcium	68mg
Iron	1mg

Directions

1

Divide the pomegranate juice and maple syrup into glasses. Stir to combine. Add the ice then top each with sparkling water and pomegranate seeds. Garnish with thyme. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the pomegranate seeds and ice.

More Flavor: Add lime or orange juice.

No Thyme: Use fresh rosemary.



Blackberry Basil Mocktail

2 servings

10 minutes

Ingredients

- 1/2 cup Blackberries (plus more for garnish)
- 2 tbsps Basil Leaves
- 1 tsp Cane Sugar
- 12 Ice Cubes
- 1 cup Sparkling Water

Nutrition

Amount per serving	
Calories	24
Fat	0g
Carbs	6g
Fiber	2g
Sugar	4g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Vitamin A	217IU
Vitamin C	8mg
Calcium	27mg
Iron	0mg

Directions

- 1 In a glass or cocktail shaker, add the blackberries, basil, and sugar. Muddle until mashed.
- 2 Use a small sieve to pour the blackberry mixture into a measuring cup. Use a spoon to get the liquid through the sieve, then discard the mashed blackberry and basil pieces. Divide the juice between glasses.
- 3 Divide the ice cubes into the glasses and top each with sparkling water. Garnish with more blackberries. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add a mix of fruit like blueberries and strawberries.

No Cane Sugar: Use maple syrup or honey.



Cranberry Orange Mocktail

2 servings

5 minutes

Ingredients

- 4 Ice Cubes (large)
- 4 fl ozs Cranberry Juice
- 1/4 cup Orange Juice (freshly squeezed)
- 2 tsps Maple Syrup
- 1 cup Sparkling Water
- 1/2 cup Frozen Cranberries
- 1/4 Navel Orange (cut into wedges)

Nutrition

Amount per serving	
Calories	80
Fat	0g
Carbs	21g
Fiber	1g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	5mg
Vitamin A	149IU
Vitamin C	35mg
Calcium	37mg
Iron	0mg

Directions

- 1 Divide the ice cubes, cranberry juice, orange juice, and maple syrup into glasses. Stir to combine. Top each with sparkling water and cranberries. Garnish with orange slices. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated for up to five days. When ready to serve, add the cranberries and ice.

More Flavor: Add cinnamon sticks when ready to serve.

No Frozen Cranberries: Use fresh cranberries.



Blackberry Smash Mocktail

2 servings

10 minutes

Ingredients

- 1 cup Blackberries
- 2 tbsps Water
- 2 tbsps Maple Syrup
- 2 tsps Lime Juice
- 1/4 cup Mint Leaves (plus extra for garnish)
- 10 Ice Cubes
- 1 cup Sparkling Water

Nutrition

Amount per serving	
Calories	86
Fat	0g
Carbs	21g
Fiber	4g
Sugar	16g
Protein	1g
Cholesterol	0mg
Sodium	5mg
Vitamin A	293IU
Vitamin C	18mg
Calcium	51mg
Iron	1mg

Directions

- 1 In a shaker glass, muddle the blackberries with the water, maple syrup, lime juice, and mint, until smashed. Remove the mint.
- 2 Divide the ice cubes evenly between glasses.
- 3 Pour the blackberry mixture into the glasses and top with sparkling water. Garnish with mint. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated for up to three days.

Less Texture: Strain the blackberry mixture before pouring.

More Flavor: Use a flavored sparkling water.



Rhubarb & Mint Mocktail

2 servings

25 minutes

Ingredients

- 1 cup Rhubarb (diced)
- 1 tbsp Cane Sugar
- 2 tbsps Mint Leaves (plus extra for garnish)
- 2 tbsps Water
- 10 Ice Cubes
- 1 Lemon (juiced)
- 1 cup Sparkling Water

Nutrition

Amount per serving	
Calories	44
Fat	0g
Carbs	11g
Fiber	1g
Sugar	8g
Protein	1g
Cholesterol	0mg
Sodium	4mg
Vitamin A	132IU
Vitamin C	15mg
Calcium	60mg
Iron	0mg

Directions

- 1 Place rhubarb, sugar, mint, and water in a saucepan over medium heat. Stir occasionally for about 10 to 15 minutes or until rhubarb starts to break down. Turn off the heat and use a fork to mash the rhubarb.
- 2 Let the mixture cool down for about five minutes. Use a strainer and pass the mixture through it.
- 3 Divide the rhubarb syrup evenly between glasses. Add the ice and lemon juice. Stir and top with sparkling water. Garnish with extra mint leaves, if using, and enjoy!

Notes

Leftovers: Refrigerate the rhubarb syrup in an airtight jar for five to six days.

Serving Size: One serving is equal to approximately 1 1/4 cup.



Salty Orange Mocktail

1 serving
3 minutes

Ingredients

5 Ice Cubes
1/2 cup Orange Juice (freshly
squeezed)
1/2 cup Coconut Water
1/16 tsp Sea Salt

Nutrition

Amount per serving	
Calories	78
Fat	0g
Carbs	18g
Fiber	0g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	181mg
Vitamin A	248IU
Vitamin C	74mg
Calcium	22mg
Iron	0mg

Directions

1 Add all of the ingredients to a glass and stir to combine. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Additional Benefits: Add a scoop of collagen powder.



Mimosa Mocktail

2 servings

5 minutes

Ingredients

- 1 cup Orange Juice
- 1 cup Sparkling Water
- 1/4 Navel Orange (cut into wedges)

Nutrition

Amount per serving	
Calories	64
Fat	0g
Carbs	15g
Fiber	1g
Sugar	12g
Protein	1g
Cholesterol	0mg
Sodium	4mg
Vitamin A	291IU
Vitamin C	72mg
Calcium	33mg
Iron	0mg

Directions

- 1 Pour orange juice in a glass and top with sparkling water. Garnish with an orange slice. Enjoy!

Notes

Leftovers: Best enjoyed immediately.