



**GOLDSTER**★  
*THE BEST SOLUTION FOR YEARS*

Alternatives to Alcohol

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## Cucumber & Lime Chia Fresca

2 servings

5 minutes

### Ingredients

- 1/2 Cucumber (chopped)
- 3 cups Water
- 2 tbsps Lime Juice
- 1 tbsp Maple Syrup
- 1 tbsp Chia Seeds
- 8 Ice Cubes

### Nutrition

Amount per serving	
Calories	69
Fat	2g
Carbs	13g
Fiber	2g
Protein	2g
Calcium	98mg

### Directions

- 1 Blend the cucumber, water, lime juice, and maple syrup in a blender until smooth.
- 2 Pour the mixture into a pitcher. Optional: use a fine mesh strainer to strain the mixture. Stir in the chia seeds and allow them to sit for 10 minutes.
- 3 Add ice to glasses and pour the chia fresca over top. Enjoy!

### Notes

**Leftovers:** Best served immediately. Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Add chopped mint.



## Raspberry Chia Fresca

2 servings  
15 minutes

### Ingredients

- 1 cup Water
- 1/4 cup Chia Seeds
- 3 cups Coconut Water
- 1/2 cup Frozen Raspberries
- 2 tbsps Lemon Juice (optional)

### Nutrition

Amount per serving	
Calories	202
Fat	8g
Carbs	31g
Fiber	10g
Protein	5g
Calcium	200mg

### Directions

- 1 Stir the water and chia seeds together. Let thicken for 10 minutes.
- 2 Add the coconut water, raspberries, lemon juice, and chia mixture into a blender. Blend until well incorporated. Pour into glasses and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving equals approximately two cups.

**More Flavor:** Add a sprinkle of cinnamon and a sweetener of your choice.

**No Coconut Water:** Omit and replace with water instead.





## Golden Turmeric Latte

2 servings

10 minutes

### Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Canned Coconut Milk
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Raw Honey
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil

### Nutrition

Amount per serving	
Calories	281
Fat	25g
Carbs	14g
Fiber	1g
Protein	2g
Calcium	26mg

### Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

### Notes

**Use Fresh Turmeric Root:** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

**Avoid a Mess:** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

**On-the-Go:** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

**Vegan:** Use maple syrup to sweeten instead of honey.



## Classic Virgin Mojito

4 servings

10 minutes

### Ingredients

2 tbsps Maple Syrup  
1/2 cup Mint Leaves  
15 Ice Cubes  
2 tbsps Lime Juice  
1.2 liters Soda Water

### Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	8g
Fiber	0g
Protein	0g
Calcium	34mg

### Directions

- 1 Add all of the ingredients into a pitcher, adding the soda water last. Gently stir until everything is mixed well.
- 2 Divide between glasses and enjoy!

### Notes

**Leftovers:** Refrigerate in the pitcher with a lid for up to two days. To ensure a fizzy drink, add more soda water just before serving.

**More Flavor:** Muddle the mint before adding the rest of the ingredients into the pitcher. Add frozen fruit to the glasses as ice cubes.



## Cranberry Orange Mocktail

2 servings

5 minutes

### Ingredients

- 4 Ice Cubes (large)
- 118 milliliters Cranberry Juice
- 1/4 cup Orange Juice (freshly squeezed)
- 2 tsp 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
Protein	1g
Calcium	37mg

### 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.





## 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  
14 grams Thyme Sprigs

### Nutrition

Amount per serving	
Calories	73
Fat	0g
Carbs	18g
Fiber	2g
Protein	1g
Calcium	69mg

### 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.