

Mocktail Recipe Guide

As another year has come and gone, we want to take a moment to show our appreciation and raise a glass to each of you. Cheers to a job well done. Some of you have taken big steps this year, and some of you have taken small ones. You proved with faith as small as a mustard seed, mountains can move. Every step you took, whether tiny or tremendous, brought you closer to healing, growth, and the life God desires for you. Celebrate yourself for every effort, every choice, every change, every moment of courage. You showed up, planted faith, and trusted God. As we enter this Christmas season, let us remember the reason for the season, the love, hope, and togetherness God has shown us through the gift of His Son. As we approach the new year, may your year ahead be deliciously blessed. May you look back and see how much you've accomplished, and look forward knowing that with God, all things are possible. Cheers to a job well done, my Mustard Seed and Beta Babies. Here's to another year of growth, grace, health, and God's goodness unfolding in your life.

Holiday Hibiscus Mustard Seed Mocktail

Ingredients

- 1/2 cup chilled hibiscus tea (or sorrel)
- 1/2 cup sparkling water or coconut water
- 1 Tbsp lemon or lime juice
- 1–2 tsp maple syrup or honey
- 2–3 fresh ginger slices
- Pinch turmeric (optional)
- 1/4 tsp chia seeds (optional)
- Ice cubes
- Orange slice or mint (garnish)



Directions

- Combine hibiscus tea, citrus juice, ginger, and sweetener in a tall glass.
- Stir until sweetener dissolves.
- Add ice.
- Pour in sparkling water or coconut water.
- Add chia seeds if desired.
- Garnish with orange slice or mint.

“Behold, I am doing a new thing; now it springs forth...” | Isaiah 43:19

Mustard Seed Citrus Ginger Refresher

Ingredients (Makes 1 serving):

- 1 cup sparkling water or coconut water
- 1 Tbsp fresh lemon juice
- 1 Tbsp orange or grapefruit juice
- 1 tsp grated ginger
- 1 tsp honey or maple syrup
- Pinch turmeric (optional)
- Ice cubes
- Citrus slice (garnish)



One cannot think well, love well, sleep well, if one has not dined well - Virginia Wolf

Mustard Seed Citrus Ginger Refresher

Directions

- Stir lemon juice, citrus juice, ginger, and sweetener together.
- Add ice cubes.
- Pour in sparkling water or coconut water.
- Garnish with citrus slice.

“If you have faith as small as a mustard seed nothing will be impossible for you.” | Matthew 17:20

Green Faith Cooler

Ingredients (Makes 1 serving):

- 1 cup coconut water
- 2–3 fresh mint leaves
- 2 tsp fresh lime juice
- 1 tsp honey or maple syrup
- 1 Tbsp aloe vera juice (optional)
- Ice cubes)

Directions

- Gently crush mint leaves in the bottom of a glass.
- Add lime juice and sweetener; stir.
- Add ice cubes.
- Top with coconut water.
- Stir gently and enjoy.



“The Lord will guide you continually... you shall be like a watered garden.” | Isaiah 58:11

