

About The Author



Vanessa is the key driver of [Beloka Water's™](#) marketing initiatives. She's a fun loving health buff that loves experimenting with and mixing cocktails. No party that Vanessa hosts is complete without her signature fizzy, sparkly cocktails. At Beloka she's the brain behind the company's innovative marketing initiatives, social media strategizing, event planning and cross-promotion deals.

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www.belokawater.com.au

Say Cheers To Your Health
A Recipe Book Of Health Shakes and Cocktails With Sparkling Water!
Vanessa Cajic
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Introduction

Let's make every day a special one for our beautiful ladies with tempting taste of fizzy and healthy cocktails. Throw in a couple of smooth, succulent fruits and you've got the perfect nutritious drink to say to Cheers To Your Health!

This E-book has a collection of my favourite healthy Sparkling Water recipes, and I hope you will enjoy them as much as I have.

Cheers

Vanessa Cajic
Belokawater.com.au

Chapter 1

You are what you eat or drink!

The way you look and feel has a lot to do with what you eat and drink. When you eat healthy, your mind and body say so, not just to you, but also to everyone around! There's this gorgeous glow on your face and a fun spring in your step.

No matter how old or young you are, a healthy diet counters various illnesses, fatigue, and stress.

A balanced and nutritious diet comprises of a combination of whole grains, vegetables, protein, and even healthy fats. Now, before you think I am talking 'bland and boring' when I say healthy, let me tell you I am about to surprise you!



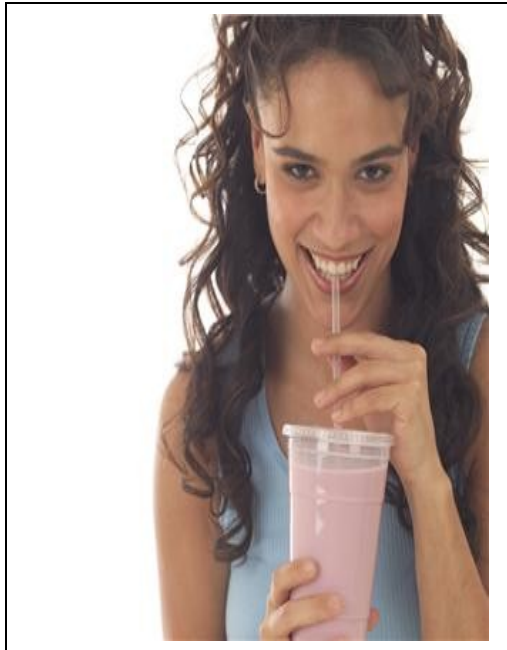
Here are a few important tips that can help you adopt a more nutritious and healthier lifestyle:

- **Eat lots of fruits and vegetables:** Yes, we've all heard this right from our early childhood. But, our mothers and teachers did have a point – fruits and leafy vegetables contain a lot of fibre that keeps the digestive system healthy, in addition to providing us with vitamins and minerals to keep our body functioning properly. You can also include whole grains, legumes and beans in your diet. The lesser amount of processed foods you consume, the better.
- **Get calcium for your bones:** Make sure you consume enough dairy products to maintain the health of your bones. But, if dairy isn't your thing, you can even eat beans, broccoli, brussels sprouts, etc.
- **Restrict your protein intake:** While protein does hold its own importance in maintaining the body's health, too much of protein intake can actually reduce your bone density and cause your bones to weaken at a rapid pace. Women should be especially careful in controlling the protein portion of their diets.
- **You need iron:** Iron is an essential component of blood – the medium required to transport nutrients and oxygen across our body. You can increase your iron intake by including lean red meat, spinach, almonds, lentils, etc.

Chapter 2

4 Sparkling Water Smoothies to Start your Day with!

Smoothies are just the right drink to consume with breakfast. They are nutritious, full of flavours, and pack a punch, giving you the energy and refreshment to face a stressful day ahead. Start your day with these delicious Sparkling Mineral Water smoothies and Say Cheers To Health!



Vanilla Malt Smoothie

Milk is rich in calcium, which is essential for strengthening your bones. Having milk in the morning also makes you feel full for a longer period of time, so you won't feel the need to snack unnecessary and pile on the pounds. Here's how you make this absolutely yummy vanilla smoothie:

- ½ cup of cold milk
- ½ teaspoon of vanilla extract
- 2 scoops of vanilla ice cream
- 3 tablespoons of malted milk powder
- ¼ cup of Sparkling Mineral Water

Blend together milk, sparkling water, malted milk power and the vanilla extract. Then add a low-calorie ice cream to the mix and blend well until the mixture turns smooth. Pour it into a glass and enjoy the frothy goodness of the vanilla smoothie.

Sparkling Banana Milk

Bananas are rich in potassium and are great for people who want to bulk up. Bananas also keep you full for long and make for the ideal breakfast fruit. But if eating a whole banana isn't your thing, you can have in the form of this smoothie. You'll need:

- ½ cup of cold milk
- ½ cup of Sparkling Mineral Water
- 1 ripe banana, sliced well
- 2 teaspoons of honey
- Crushed ice

Blend together all the ingredients until you get a smooth mixture. Pour this mix into a glass and add crushed ice over it. Your sparkling banana milk is ready.

Kiwi Orange Sparkler

Kiwis and oranges are rich in Vitamin C and don't contain too many calories too. The tangy taste of these two fruits is especially refreshing in the morning and will infuse you with tons of energy. Here are the ingredients for this drink:

- 2 kiwis, peeled and diced
- 100 ml of orange juice
- 100 ml of Sparkling Mineral Water
- 1 teaspoon of honey

Blend together all ingredients and make a smooth mix. Pour it into a glass, add ice if required, and you've got yourself a sparkling kiwi orange drink to wash down your breakfast with!

Triple Berry Sparkler

Berries are rich in antioxidants and Vitamin C. They have very few calories and are the ideal choice of fruit for the weight-watchers. Get your daily dose of antioxidants with this powerful drink:

- 80 g of lemon sorbet
- 80 g of raspberries
- 80 g of blueberries
- 80 g of blackberries
- 1 teaspoon of honey
- 500 ml of Sparkling Mineral Water
- Crushed ice

It would be ideal to freeze the berries before making the drink; if they aren't frozen, you can use crushed ice to chill your drink too. Pour sparkling water and lemon sorbet into the blender and blend it well. Once it is mixed well, add the berries and honey over this and blend until smooth. Pour into a glass and add crushed ice for a refreshing, sparkling berry smoothie.

Chapter 3

4 Healthy Sparkling Water Drinks to go with Meals!

Sparkling water's got many health benefits – it's good for the bones, it helps manage your cholesterol levels, maintains your weight, and of course, tastes great too! So, why not make your sparkling water even more interesting and add a refreshing dose of great taste while you are at it?



Sparkling Punch with Strawberry Mint Tea

Strawberries, in addition to being tasty, are high on antioxidants and Vitamin C and low on calories, making them a must-have for calorie counters. And mint tea is an extremely refreshing drink, ideal for those sweltering summer days. What's more? Mint keeps your digestive system healthy too.

Blend these two together and you've got a wonderfully refreshing drink, which is light on the stomach, but filled with health benefits. You'll need the following to make this drink:

- About 1 lb. of cleaned, hulled, halved fresh strawberries
- Sugar (optional)
- 2 tablespoons of fresh lemon juice
- A pinch of salt
- Water
- Mint tea bags
- 1 litre of chilled Sparkling Mineral Water
- Mint sprigs and whole strawberries to garnish the drinks

Blend together the strawberries with 2 tablespoons of sugar (if you like), lemon juice and salt until you make a smooth puree and refrigerate it. Boil about 2.25 cups of water in a saucepan and put 6 mint teabags into this water. Take the pan off the heat and keep it covered, letting the tea steep for about 15 minutes.

Pour half a cup of sugar into a heat-resistant container. Pour the tea over this sugar, after removing the teabags and stir well to dissolve all the sugar. Add about 6 cups of cold water to the mix and chill it.

When you are ready to serve, mix the chilled strawberry puree with the mint tea well and pour it into your glass. Add sparkling water to the mix for a nice fizzy feel and garnish with mint sprigs and strawberries.

Watermelon Mojito

This is yet another perfect summer drink. Watermelon and mint make a perfect combination to cool and hydrate your body, ensuring that the heat doesn't tire you out. Here's what you need to make this drink:

- 8 full sprigs of fresh mint
- 4 cups of cubed, seedless watermelon
- ½ cup of simple syrup
- ½ cup fresh lime juice
- Sparkling Mineral Water

Put about 10 mint leaves into each tall glass and top it with watermelon cubes. Put about 1 tablespoon of simple syrup into each glass. Using a muddler or a wooden spoon handle, crush the mint and watermelon together in the glass.

Fill the glasses with crushed ice. Mix 1 tablespoon of lime juice into the glass and top it off with Sparkling Water.

Pear Sparkler

Pears are rich in vitamins and also contain boron, which help our bodies retain calcium in our bones. This drink is perfect for those who love spices – it's warm and has a burst of exotic flavours. You'll need:

- 1 cup of freshly prepared pear juice
- 1 teaspoon of lime juice
- ¾ cup of honey
- ¼ cup of sugar (optional)
- 1 sprig of fresh rosemary
- 1 small piece of ginger – peeled and cut into coin shapes
- Grated fresh nutmeg
- Sparkling Mineral Water
- Ice

Mix the pear juice with lime juice, honey, sugar, rosemary, ginger and nutmeg in a saucepan at medium heat. Bring the mixture to a boil and then let it simmer on low heat for 5 minutes. Stir well to let the sugars dissolve completely.

Remove the saucepan from heat and allow it to cool down. Strain out the syrup using a mesh and keep it for cooling. Once cooled, you can use this syrup in your drink.

To make your drink, fill your glass halfway with ice cubes. Put 3 tablespoons of this syrup over the ice cubes and top it with sparkling water. For more flavour, add more syrup.

Hibiscus Mimosa

Hibiscus is rich in antioxidants and Vitamin C, and helps regulate blood pressure and cholesterol. It reduces the risk of heart disorders as well. This drink is on the more exotic side and ideal for the adventurous souls that love to experiment. Here are the ingredients:

- 1 wild hibiscus flower
- 30 ml pink grapefruit juice
- 30 ml St. Germain Elderflower liqueur
- 15 ml wild hibiscus syrup

- Sparkling Mineral Water

Place the hibiscus flower at the bottom of a long stemmed champagne flute. Shake the grapefruit juice, liqueur and hibiscus syrup together with ice and pour it gently into the flute over the flower. Top the flute with sparkling water and garnish it with grapefruit zest.

Chapter 4

Heady, Fizzy and Healthy Cocktails for an Evening with the Girls!

So, you're planning a girls' evening with some fun cocktails and games? While alcohol does contain quite a few calories, you can put a healthy spin on your cocktails by using sparkling water and fruits. Here are a few fun but nutritious cocktail recipes guaranteed to make your party a sure-fire hit!



Grapefruit and Gin Sparkler

The tangy grapefruit not just makes for a great cocktail, but is loaded with Vitamin C, helps regulate cholesterol levels and also prevents cancer. To make this healthy cocktail, you'll need:

- 120 ml Plymouth Gin
- 30 ml Sparkling Mineral Water
- 130 ml pink grapefruit juice

Fill a tall glass with ice cubes and pour the Plymouth Gin over it. Then add the pink grapefruit juice and top it off with sparkling water. You can garnish this drink with a grapefruit zest to make it look good too.

Pomegranate Sparkler

The humble pomegranate is one of the oldest fruits known to mankind, is rich in antioxidants and is good for the heart. Here are the ingredients to make this drink:

- 60 ml pomegranate juice
- 60 ml vodka
- 90 ml Sparkling Mineral Water

- ½ cup of sugar (optional)
- ½ cup of water
- Few pomegranate seeds

Boil the water and sugar together in a small saucepan over high heat. Stir well until the sugar is completely dissolved. Let this mixture cool.

Mix together the vodka, pomegranate juice and 30 ml of sugar syrup. Fill a tall glass with ice cubes and pour half of this mix on top of the ice. Top the glass with sparkling water and garnish with pomegranate seeds.

Royal Stretch

Cherries are low on calories and high on antioxidants. These small, round fruits contain many minerals like potassium, zinc, copper, iron, etc. and are also effective in reducing heart diseases. Here's how you can make a royal stretch:

- 30 ml Crown Royal
- Fresh cherry juice
- 30 ml Sparkling Mineral Water
- Mint sprigs for garnishing

Fill ice in a tall glass. Pour Crown Royal over the ice and add a splash of cherry juice. Top it off with sparkling water and mix the drink well using a stirrer. You can garnish the drink by adding a mint sprig on the top.

Sparkling Wine Sangria

Berries have high fibre content and rich in vitamins and minerals. They also contain a lot of antioxidants and have very few calories. To make this Sangria, you'll need the following:

- 1 cup of chilled peach brandy
- 1 cup of powdered sugar
- 2 bottles of chilled sparkling wine
- 4 cups of assorted berries – blueberries, blackberries, raspberries
- 2 cups of Sparkling Mineral Water

Put the sparkling water, brandy and sugar in a punch bowl and stir them together well. Once the sugar is completely dissolved, pour the sparkling wine into the bowl gently. Add 2 cups of berries into the punch bowl, letting them float. Put the rest of the berries into the glasses and let your guests pour the Sangria into them.

Chapter 5

4 Healthy Sparkling Water Drinks Perfect at Any Hour of the Day!

It's good to stay hydrated throughout the day, and it's even better to go the sparkling water way to keep your body charged up for the entire day. It keeps fatigue away, leaves you feeling fresh and energized. Here are a few of my favourite sparkling water drinks that make staying hydrated great fun!



Gold Sparkle Punch

Pineapples and apricots are extremely rich in antioxidants. In addition, pineapples also help strengthen the bones and keep your gums healthy. To make this drink, you will need:

- 1 can of chilled apricot nectar
- 1 can of chilled fresh pineapple juice
- 1 can of frozen, thawed limeade concentrate
- 1 qt. chilled Sparkling Water
- Cold water

Mix the apricot nectar, pineapple juice and limeade concentrate into 3 c. of cold water and keep it for chilling. When you are ready to serve, pour the mix into a large punch bowl and pour sparkling water over this until the bowl is filled. You can garnish the punch with lime and pineapple slices.

Sparkling Cranberry Punch

The little cranberry packs quite a punch – it contains a lot of antioxidants, fibre and Vitamin C. You will need the following ingredients for this punch:

- 2 qts. of chilled cranberry cocktail
- 180 ml of frozen, thawed pink lemonade concentrate
- 1 qt. of Sparkling Water

Mix the cranberry cocktail with the pink lemonade concentrate in a punch bowl. Stir in the sparkling water to this mix. You can garnish this punch with lime and orange slices.

Strawberry Sparkle Punch

Strawberries are low on calories but rich in antioxidants and Vitamin C. Here's how you make this refreshing sparkle punch:

- 2 c. of strawberries

- 90 ml of strawberry flavoured gelatine
- 1 c. of boiling water
- 1 can of frozen lemonade concentrate
- 3 c. of cold water
- 2 qt. of chilled Sparkling Mineral Water

Mash the strawberries well using a blender until they are completely pureed. Dissolve the strawberry gelatine into the boiling water. Add lemonade concentrate into this mix and stir it gently until it melts in completely.

Add cranberry juice, strawberry puree and cold water into the gelatine mix. Pour in the chilled sparkling water slowly over it. You can garnish this drink using frozen strawberries.

Sparkling Limeade

Nothing says cool like a glass of lemonade on a hot summer day. Lemons are rich in Vitamin C and have a cooling effect on the body. You can make this limeade using the following ingredients:

- 2/3 c. of honey
- ½ c. of hot water
- 2/3 c. of freshly squeezed lime juice
- 1 litre of chilled Sparkling Mineral Water
- Lime slices

Mix honey into hot water, stirring well until it dissolves completely. Add limejuice to this mix. Pour in the sparkling water gently into the mixture. Garnish the drink with lime slices.

Chapter 6

It's great on its Own Too!

I have found the lightly effervescent sparkling water to be a great accompaniment with meals as well. Here's a taste:

- Sparkling water's fizz matches with vinaigrette dressings on salads!
- It also makes for a great accompaniment with appetizers, especially the crispier ones.
- With a softer dish like pan fried fish, for instance, sparkling water can enhance the texture and taste of the dish, while subtly flavoured dishes can best be accompanied with a sparkling water with very little fizz.
- Sparkling water can act as a palate cleanser. Especially when you are having a multi-course meal with wine, an occasional sip of sparkling water can help you relish the multitude of flavours.
- It's best to opt for sparkling water as an accompaniment with your meals instead of choosing calorie filled fizzy sodas.

So, ready to have a sparkling meal?