

FESTIVE MOCKTAILS

NINGXIA Red

Berry Mimosa Cocktail

- 1 oz. NingXia Red
- 1 oz. sparkling water

Add ingredients to champagne glass.

Top with orange juice.



Sparkling NingXia Red Mocktail

- **Berries of your choice**
- 2 oz. NingXia Red
- Sparkling water

Muddle berries in the bottom of glass. Add NingXia Red followed and then the sparkling water.

Lime Zinger



- 1 can NingXia Zyng
- 1 packet NingXia NITRO
- 1-2 oz. NingXia Red
- 1 drop Lime Vitality™

Mix the first 3 ingredients into a class add a drop of Lime Vitality with ice, stir, and enjoy!

NingXia Shots

Immunity

- 1 oz. NingXia Red
- 1 drop Peppermint Vitality™
- 1 drop Orange Vitality™



Energy

- 1 oz. NingXia Red
- 1 drop Grapefruit Vitality™

Cranberry Mojito

- Mint leaves
- 1 teaspoon honey or sweetener of choice
- 1 drop Peppermint Vitality™
- 1 drop Lime Vitality™
- Splash of cranberry juice
- 1 can NingXia Zyng
- Fresh cranberries
- Lime wedges



In a tall, sturdy glass, place a few mint leaves, the sweetener, a squeeze of lime, Peppermint Vitality, and Lime Vitality. Use a muddler to crush the leaves & combine the flavors. Add ice to the glass. Pour a splash of cranberry juice and stir.

Fill glass to the top with NingXia Zyng.

Garnish with cranberries, more mint leaves, and a lime wedge.

Ginger Snap

- 2 ounces NingXia Red
- 1 drop Ginger Vitality™ essential oil
- 1 drop Thieves Vitality™ essential oil

NingXia Red Rosemary Mule

- 2 ounces NingXia Red
- 1.6 ounces ginger beer
- 1 drop Rosemary Vitality™
- Rosemary sprig
- Pour all ingredients into a copper mug full of crushed ice. Stir well to mix and garnish with a sprig of rosemary.



COZY UP WITH A CUP

Peppermint Mocha

2 cups strongly brewed coffee or espresso

2 cups milk of your choice

¼ cup cacao powder (you can also use 2T cocoa powder + 3 oz dark chocolate chopped)

4 tablespoons maple syrup or raw honey

3-4 drops Peppermint Vitality

Pour milk into a small saucepan and place over medium heat. Whisk in the cacao powder (or whatever chocolate you're using) and the maple syrup. Bring to a simmer, reduce heat to medium-low, and simmer uncovered for 5-10 minutes, whisking as needed until smooth. Remove from the heat and when slightly cooled add 2 drops of Peppermint Vitality (the flavor is bold, so start with 2 drops and add more if you want!). Place the peppermint cocoa mixture and the coffee in a Vitamix or other high-powered blender (or use a handheld frother), and blend on medium speed for 30 seconds until frothy. Divide into 4 mugs, top with whipped cream, marshmallows...or both!

Eggnog Chai

- Chai Tea Bag & water to prepare it
- ½ cup eggnog
- 1 drop Nutmeg Vitality
- 1 drop Cinnamon Bark Vitality
- Ground Cinnamon



Prepare Chai Tea according to directions. Heat eggnog on the stove or in the microwave until it's hot to your liking. Once the tea is prepared the eggnog is heated, combine in a mug and let cool slightly, then add a drop of Nutmeg Vitality. Use a hand-held frother to blend. This serves one, so you can double or triple if you need to, top with a sprinkle of Ground Cinnamon and enjoy! You could easily make this with coffee and can add sweetener to taste like honey or maple syrup if you want.

Thieves Tea

- Add water to a large mug or a tea kettle.
- Heat up water until it is your desired temperature.
- Pour hot water into a cup or mug
- Add 1 drop of Thieves Vitality essential oil
- 1 drop Lemon Vitality essential oil,
- Desire amount of honey (aprx. 1 tsp.)
- Stir to combine and drink while hot.



COZY UP WITH A CUP

Homemade Hot Cocoa

Wind down and warm up with your favorite mug brimming with homemade hot chocolate. You can add any Vitality oil to your recipe, but these three are favorites - Pumpkin Spice Hot Cocoa, Lavender Hot Cocoa, and Peppermint Hot Cocoa! Or whip up some Mexican Hot Cocoa for a festive twist!

Peppermint Hot Cocoa

Ingredients:

- 1 cup milk (plant drink or whole milk)
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons sugar
- A pinch of salt
- 1 drop Peppermint Vitality



Instructions:

1. In a saucepan, whisk together milk, cocoa powder, sugar, and salt over medium heat.
2. Bring the mixture to a simmer while whisking continuously.
3. Remove from heat and add 1 drop Peppermint Vitality
4. Pour into a mug and enjoy the refreshing aroma and rich flavor.

Pumpkin Spice Hot Cocoa

- 4 cups milk of your choice
- 8 tablespoons unsweetened cocoa powder
- 1 tsp vanilla extract
- 1 drop Cinnamon Bark Vitality essential oil
- 1 drop Nutmeg Vitality essential oil
- 1 drop Clove Vitality essential oil

Pumpkin Spice Hot Cocoa

- 4 cups milk of your choice
- 8 tablespoons unsweetened cocoa powder
- 1 tsp vanilla extract
- 1 drop Cinnamon Bark Vitality essential oil
- 1 drop Nutmeg Vitality essential oil
- 1 drop Clove Vitality essential oil

Champurrado Mexican Hot Cocoa

4 cups milk of your choice

½ cup honey or agave

2 Mexican chocolate tablets

¾ cups masa harina (corn flour)

2 drops Cinnamon Bark Vitality essential oil

2 drops Orange Vitality essential oil



For all recipes: Heat all ingredients, except the oils, in a pot over the stove, until just hot.

Don't boil. Remove from heat, add the essential oils and stir to combine. Serve in your most festive mugs and top with whipped cream, marshmallows, a candy cane, or all of the above!!
