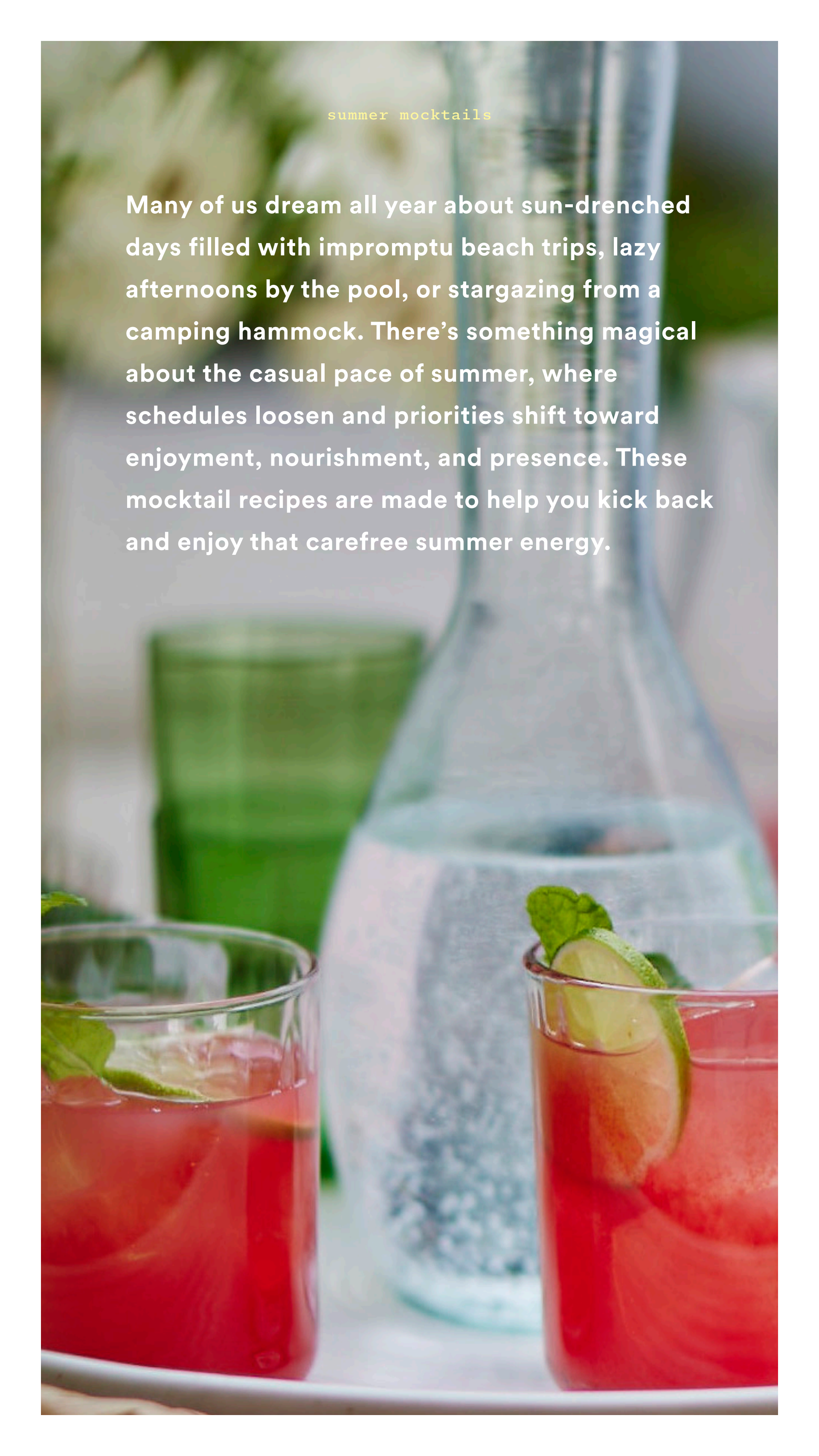


SUMMER

MOCK TAILS

RECIPE BOOK

nama®



summer mocktails

Many of us dream all year about sun-drenched days filled with impromptu beach trips, lazy afternoons by the pool, or stargazing from a camping hammock. There's something magical about the casual pace of summer, where schedules loosen and priorities shift toward enjoyment, nourishment, and presence. These mocktail recipes are made to help you kick back and enjoy that carefree summer energy.


summer mocktails

Mocktails can be a healthy and customizable way to help you enjoy more of your favorite fresh summer produce. These recipes mimic the flavor and fun of a cocktail—without the alcohol. From simple lime-spiked sodas to creative blends with fresh juices, herbs, and spices, these recipes focus on whole ingredients without refined sugars, soda, or artificial additives. Celebrate the abundance of summer produce with these refreshing mocktails to enjoy during your favorite moments of the season.

WHAT YOU WILL NEED

- ☐ Fresh herbs, fruits, and vegetables
- ☐ Salt
- ☐ Ice
- ☐ Ice molds
- ☐ Muddler
- ☐ Measuring tools
- ☐ Garnish skewers
- ☐ Cocktail shaker or large mason jar with lid
- ☐ Cocktail strainer
- ☐ Juicer
- ☐ Blender
- ☐ Nama M1 Plant-Based Milk Maker, or store-bought plant-based milk





Enjoy these mocktails alongside the simple joys of the season—perfect for warm evenings with friends or packed in bottles for your beach cooler.

Tropical Mint Refresher

Makes: 3 ½ cups

1 cup diced pineapple
1 cup diced watermelon
3 limes, peeled
14 mint leaves
Sparkling water

GARNISH

Fresh lime
Mint

DIRECTIONS

01. Juice the pineapple, watermelon, limes, and mint.
02. Pour 4 ounces into a glass filled with ice, then top with an equal amount of sparkling water.
03. Garnish with more fresh lime or a mint sprig. Enjoy.

Note: Make this recipe ahead of time by freezing the juice overnight in large ice molds. When ready to serve, place a frozen juice mold in a cocktail glass and top with sparkling water.

Golden Hour Bellini

Makes: 4 cups

2 cups fresh strawberries

1 golden beet

2 peaches, pitted

2 tablespoons lemon juice

Sparkling water

GARNISH

Fresh thyme
or lavender

DIRECTIONS

01. Wash all produce well.
02. Cut all ingredients into the appropriate size for the juicer, and juice in the order given.
03. Pour juice into glasses over ice. Top off with the desired amount of sparkling water.
04. Garnish with a sprig of thyme or lavender. Enjoy.

Note: To make a blend, freeze juice into ice cubes and blend when ready to serve.





A close-up photograph of a tomato cut in half, showing the internal structure. The red flesh is visible, along with the central core and the seed cavity. The seeds are small and yellowish. The image is used to illustrate the internal structure of a tomato, which is a key component in the study of plant anatomy.



A close-up photograph of a sliced tomato, showing its red flesh, green stem, and internal seeds. The tomato is cut lengthwise, revealing the internal structure. The seeds are visible in the center, and the flesh is a vibrant red color. The green stem is attached to one end. The background is a plain, light-colored surface.



Spicy Bloody Mary

Makes: 4 cups

**2 pounds ripe tomatoes,
stems removed and diced**

2 lemons, peeled

4 ribs of celery

½ large jalapeño, seeded

2-3 tablespoons balsamic vinegar

¼ teaspoon sea salt

DIRECTIONS

01. Wash all produce well.
02. Juice the tomatoes, lemons, celery, and jalapeño.
03. Combine with a tablespoon of the balsamic vinegar and a pinch of sea salt. Stir and taste, adding up to 2 more tablespoons of balsamic vinegar and more salt if desired.
04. Serve over ice with a rib of celery or a fresh grating of horseradish on top.

Note: Rim half of each glass with some black lava salt or sea salt.

GARNISH

Freshly grated horseradish

Rib of celery

Cucumber Mule

Makes: 4 cups

1 cucumber

6 limes, peeled

1-inch piece ginger, peeled

24 mint leaves

3-4 tablespoons maple syrup

2 cups sparkling water

DIRECTIONS

01. Wash all produce well.
02. Juice the cucumber, limes, ginger, and mint.
03. Stir in the maple syrup, to taste.
04. Pour juice into glasses over ice. Top off with sparkling water.

Note: Stir in a little extra water to thin out the mocktail, if desired.





On hot summer days,
there's nothing like
relaxing by the pool
with a refreshing,
hydrating mocktail—
blended or over ice.

Triple Berry Daiquiri

Makes: 4 cups

3 limes, peeled

2 cups frozen berries

1 ½ cups coconut milk

3 tablespoons maple syrup

GARNISH

Fresh lime

DIRECTIONS

01. Juice the limes.
02. Place the berries, coconut milk, lime juice, and maple syrup in the blender carafe and blend until creamy.
03. Pour into glasses, garnish with slices of lime and serve immediately.

Note: To make homemade coconut milk in the Nama M1, combine 1 cup coconut flakes, 3-4 cups water, 2 pitted dates, and a pinch of sea salt. If you prefer a creamier texture, use 1 can of full-fat coconut milk.



Piña Colada

Makes: 4 ½ cups

**1 cup macadamia nuts
(toasted if you'd like)**

1 ½ cups fresh pineapple, diced

3 cups coconut water

½ cup dried coconut flakes

1 tablespoon lime juice

1 tablespoon maple syrup

1 teaspoon vanilla extract

8 mint leaves

3 cups coconut water

GARNISH

Coconut flakes for the rim

Pineapple + mint skewer

Fresh lime

DIRECTIONS

Made with the Nama M1

01. Place all of the ingredients in the M1.
02. Process according to the instructions.
03. To serve, rub lime juice on the rim of an old-fashioned glass and roll it in dried coconut.
04. Fill the glass with ice and pour the piña colada mixture over it. Alternatively, shake with ice and serve up.
05. Garnish with a skewer of pineapple and mint or fresh lime. Enjoy.

Frosé

Makes: 3 ½ cups

5 cups red seedless grapes

2 lemons, peeled

1 tablespoon white wine vinegar, optional

¼-½ cup water, for blending

GARNISH

Grape skewer, frozen

DIRECTIONS

01. Wash the produce thoroughly.
02. Juice the grapes and lemons.
03. Stir in the white wine vinegar, if using.
04. Pour the mixture into ice cube trays and freeze overnight.
05. When ready to serve, fill the blender carafe halfway with ice cubes and a splash of water. Blend until you reach the texture of a slushie.
06. Pour into wine glasses, garnish with skewers of frozen grapes and serve immediately.



Longer days mean more time after work to take in the fresh air and hopefully catch a colorful sunset. Fill your travel cup and meet your friend for a mocktail sunset stroll.

Blueberry Mojito

Makes: 16 ounces

15 mint leaves

3 limes, peeled

1 cup blueberries

1 cucumber

6 ounces coconut water

6-8 ounces sparkling water

GARNISH

Raspberry skewer

Mint



DIRECTIONS

01. Wash all produce.
02. Cut all ingredients into the appropriate size for the juicer, and juice in the order given.
03. Pour juice into glass over ice and mix with coconut water.
04. Top off with the desired amount of sparkling water.
05. Garnish with a skewer of raspberries and more mint. Enjoy.



Spicy Mango Margarita

Makes: 3-4 cups

1 orange, peeled

8 limes, peeled

1 cucumber, peeled and diced

½ jalapeño, seeded

10 ounces frozen mango

2 tablespoons maple syrup, optional

Sparkling water

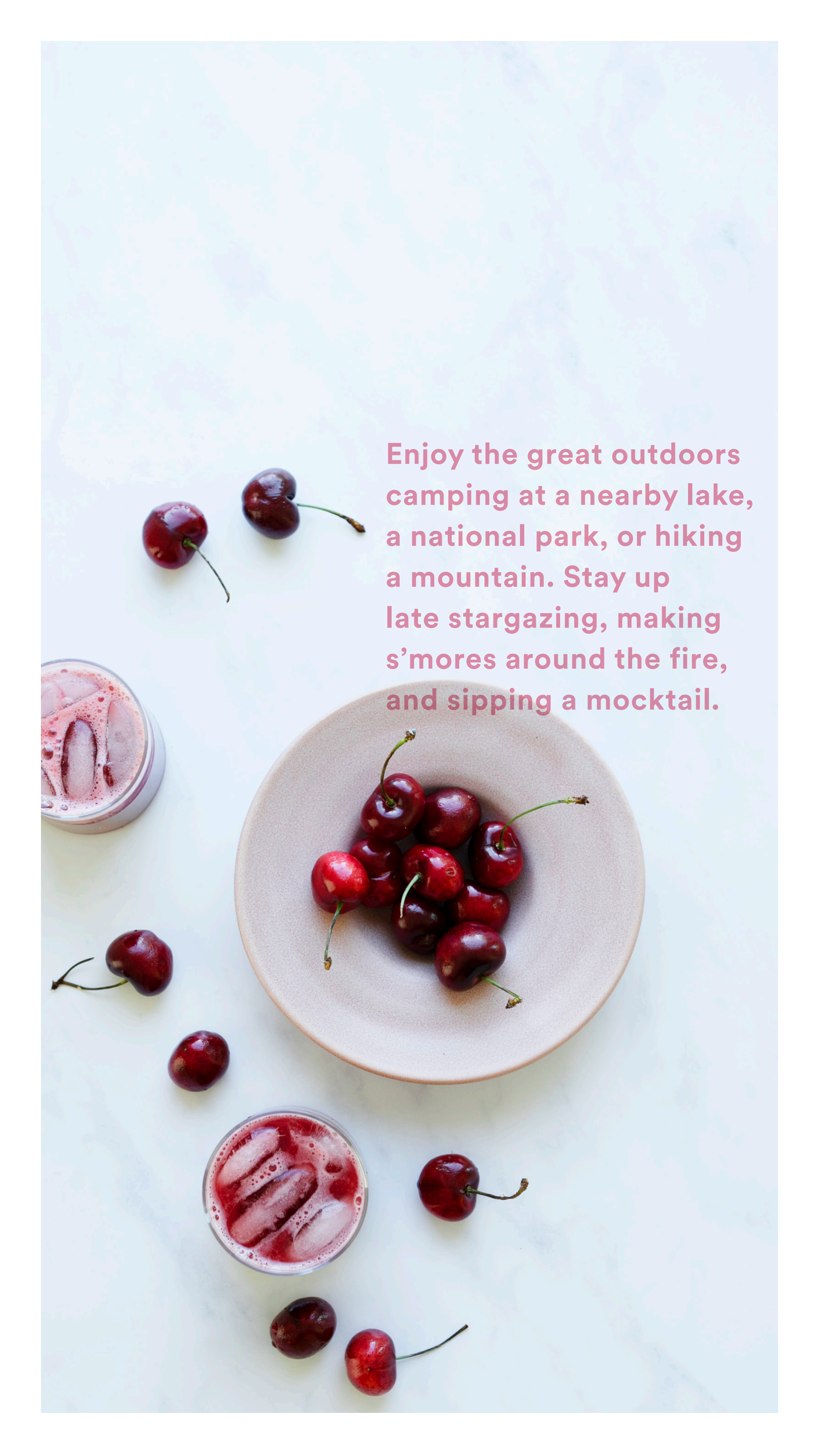
GARNISH

Fresh lime

Jalapeño slice

DIRECTIONS

01. Juice the orange, limes, cucumber, and jalapeño.
02. In a blender carafe, combine the juice, frozen mango, and maple syrup, if using. Taste the blend, adding more maple syrup if desired.
03. When ready to serve, pour 6 ounces of the margarita mixture over ice and top with 4-6 ounces of sparkling water. Alternatively, shake 8 ounces of the mixture with ice.
04. Garnish with slices of lime and fresh jalapeño.

A flat-lay photograph featuring several dark red cherries with green stems scattered across a white marble surface. In the center is a light pink ceramic bowl filled with a cluster of cherries. To the left of the bowl are two clear glass tumblers containing a pink, bubbly mocktail with ice cubes. The text is positioned to the right of the bowl, set against a semi-transparent pink rectangular background.

Enjoy the great outdoors
camping at a nearby lake,
a national park, or hiking
a mountain. Stay up
late stargazing, making
s'mores around the fire,
and sipping a mocktail.



Choco-Cherry Bliss

Makes: 4 cups

1 ½ cups cashews

4 ounces fresh cherries, pitted

3 dates, pitted or

2 tablespoons maple syrup

3 tablespoons cacao powder

1 teaspoon vanilla

Pinch of sea salt

4 cups water

GARNISH

Fresh cherry

DIRECTIONS

Made with the Nama M1

01. Place all of the ingredients in the carafe of the M1 and process according to the instructions.
02. To serve, pour into glasses over large ice cubes.
03. Garnish with a fresh cherry and serve.

summer produce storage

BLACKBERRIES

Look for berries that are plump, firm, and shiny. They only last fresh on the counter for a few hours. After that, store in the fridge in a breathable, shallow container with a paper towel on the bottom and no lid.

BLUEBERRIES

Store on the counter overnight. After that, refrigerate or freeze them. Keep them in a bowl or container without a lid in the main part of the fridge to allow for more air circulation.

RASPBERRIES

Eat as soon as possible. To extend their life a few days, gently dump them out of the container onto a paper towel or clean cloth to remove any extra moisture. Put them back in their original container or any container that allows air flow. Don't store in the crisper drawer; instead, keep them on a shelf toward the front of the fridge.

STRAWBERRIES

Fresh, ripe berries only last a day or so on the counter. After that, store them in the fridge either in the container you bought them (removing any mushy berries), or put them in a large mason jar with the lid on. Keep stems and leaves on. Don't wash until you are ready to eat.

CHERRIES

Store them in a wide bowl in your fridge. Cherries like the cold.

GRAPES

Keep in original packaging and store them in the crisper. If you have a ventilated storage container or extra colander, that can help keep them fresher longer.

HERBS

Treat fresh herbs like basil and cilantro like a bouquet of flowers—trim the stems and place them in a jar with a few inches of water on your counter. You can wrap mint, rosemary, and thyme in a damp paper towel or clean cloth and store in the crisper drawer of your fridge.

MANGOES

If a mango is still firm, leave it on the counter at room temperature for up to five days to ripen. After that, store it whole in the fridge for another five days or so. Alternatively, peel and slice it and store in an airtight container.

MELON

When unripe, store it on the counter at room temperature for up to five days. After that, store a whole melon in the fridge for up to a week. You can also cut it and store it in an airtight container in the fridge.

PEACHES

If a peach is more firm, let it ripen on the counter for a few days at room temperature. After that, store in the fridge to extend its life. Slice and freeze to keep them longer than a few days.

TOMATOES

Store ripe tomatoes at room temperature away from direct sunlight, and use within a few days for the best flavor. If they start to over-ripen, move them to the fridge to extend their shelf life by a few more days.

WATERMELON

Leave at room temperature for best flavor on the counter out of direct sunlight. Once cut, put slices in an airtight container in the fridge.





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