

Butterfly Pea Flower Lemonade

A floral twist on a classic.

60 cal · **0g** protein · **0g** carbs · **0g** fat ·
10g sugar · **Makes 1**

What you'll need

- Ice cubes / Crushed Ice
- Lemon Juice – 10 ml
- Sugar Syrup – 10 ml
- Sparkling Soda
- Butterfly Pea Flower Tea Concentrate – 15 ml

Why It Helps

Butterfly pea flower is rich in antioxidants and known for its calming properties. Paired with zesty lemon, this drink is refreshing, hydrating and a naturally beautiful pick-me-up.

Making It Ahead

You can prepare the butterfly pea concentrate ahead and refrigerate for up to 2 days. When ready to serve, just shake and enjoy!

How to make it

1. Fill your shaker with ice cubes or crushed ice.
2. Add butterfly pea (15 ml), lemon juice (10 ml) and sugar syrup (10 ml).
3. Shake it well until chilled.
4. Pour it into a glass.
5. Top it with sparkling soda and more ice.
6. Garnish with a butterfly pea flower and enjoy!

A Couple Of Tips

- For a vibrant color, always use fresh butterfly pea concentrate.
- Adjust the sweetness or tartness to your taste.



Peach Orange Yuzu Fizz

A bright, citrusy refreshment with a fragrant twist.

80 cal · 0g protein · 0g carbs · 0g fat · 18g sugar · Makes 1

What you'll need

- 15 ml Peach Syrup / Peach Purée
- 30 ml Fresh Orange Juice
- 10 ml Yuzu Juice
- 10 ml Sugar Syrup (optional, depending on sweetness of the peach syrup)
- Ice cubes / Crushed Ice
- 80-100 ml Sparkling Water / Soda
- Orange slice, for garnish
- Peach slice or edible flower, for garnish (optional)

Why It Helps

A bright, refreshing blend of juicy peach, zesty orange and aromatic yuzu, finished with sparkling water for a light and effervescent sip.

Making It Ahead

The peach-orange-yuzu base can be mixed and refrigerated ahead of time. When ready to serve, shake with ice, pour over fresh ice and top with sparkling water.

How to make it

1. Fill a shaker with ice.
2. Add peach syrup, fresh orange juice, yuzu juice and sugar syrup.
3. Shake well until chilled.
4. Fill your serving glass with fresh ice.
5. Strain the shaken mixture into the glass.
6. Top slowly with sparkling water.
7. Give it one gentle stir.
8. Garnish with an orange slice and a small peach slice/edible flower.

A Couple Of Tips

- Fresh orange juice makes the drink brighter and more naturally sweet.
- Add the sparkling water last and slowly to keep the fizz lively.
- Yuzu is quite aromatic and tart, so 10 ml gives a noticeable citrus lift without overpowering the peach.
- For a more elegant presentation, serve over crushed ice with a thin orange wheel tucked against the glass.



Sparkling Rose Lemonade

with Cucumber Ribbons

A delicate floral refresher
with a crisp, cooling twist.

60 cal · 0g protein · 15g carbs · 0g fat ·
10g sugar · **Makes 1**

What you'll need

- 15 ml Fresh Lemon Juice
- 10 ml Sugar Syrup
- 100–120 ml Rose Sparkling Water
- 3–4 Cucumber Ribbons
- Ice cubes / Crushed Ice
- 1–2 Thin Lemon Slices, for garnish
- Cucumber ribbon, for garnish
- Fresh rose petal or edible flower, optional

Why It Helps

A delicate, refreshing blend of zesty lemon, cooling cucumber and soft floral notes, finished with a gentle sparkle. Light, crisp and effortlessly refreshing.

Making It Ahead

The lemon juice and sugar syrup can be combined and chilled ahead of time. Prepare the cucumber ribbons separately and refrigerate them in cold water. When ready to serve, add the ribbons and ice to the glass, pour in the chilled lemon mixture and top with rose sparkling water.

 *A little floral. A little fresh.
A lot refreshing.*

How to make it

1. Using a vegetable peeler, make long, thin cucumber ribbons.
2. Gently curl 2–3 ribbons and place them inside the serving glass, letting them hug the sides.
3. Fill the glass generously with ice.
4. Add fresh lemon juice and sugar syrup.
5. Top slowly with rose sparkling water.
6. Give it one gentle stir to combine without losing the fizz.
7. Finish with a fresh cucumber ribbon and a thin lemon slice.
8. Garnish with a rose petal or delicate edible flower, if desired.

A Couple Of Tips

- Any rose-flavoured sparkling water works beautifully—choose one with a subtle floral profile so it doesn't overpower the lemon and cucumber.
- Make the cucumber ribbons as thin as possible so they curl elegantly and are easy to sip around.
- Add the sparkling water right before serving to keep the drink lively and effervescent.
- If your rose sparkling water is already sweetened, reduce or skip the sugar syrup.

