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natural foods

Summertime Sipping



2020



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Keep it Simple!

Jazz up any cocktail, mocktail, or even sparkling water with one of these easy peasy simple syrups! Master the basics and then get creative with your own magical creations.

Keep it Simple Syrup

Makes 1 ½ cups or 12 oz syrup

- 1 cup organic granulated cane sugar
 - 1 cup filtered water
1. In a small saucepan, stir together sugar and water over medium high heat.
 2. Bring to a low boil, reduce heat to medium low.
 3. Simmer 12 minutes, or until syrup is slightly thickened. Remove from heat.
 4. Allow to cool, store in a sealed container in the fridge until ready to use.

Skinny Sugar Free Syrup

Makes 1 cup or 8 oz syrup

- ¼ cup Lakanto Monkfruit Sweetener with Erythritol (Classic or Golden), or Xylitol
 - ½ cup filtered water
 - ¼ tsp (or a small pinch) xanthan gum
1. In a small saucepan, stir together sweetener and water over medium high heat.
 2. Bring to a low boil, reduce heat to medium and simmer until sweetener is completely dissolved.
 3. Whisk in xanthan gum until completely dissolved. Simmer an additional minute, remove from heat.
 4. Allow to cool to room temperature. Use right away as syrup will recrystallize in the refrigerator.

Rose Syrup

- 1 cup organic granulated cane sugar
- 1 cup filtered water
- ½ cup dried rose petals

Follow basic syrup instructions through step 3. Stir in rose petals, cover and simmer for 10 minutes. Remove from heat and allow to steep an additional 30 minutes. Drain through a fine mesh strainer or cheesecloth to remove petals. Allow to cool, and chill in a covered container until ready to use.

Lavender Syrup

- 1 cup organic granulated cane sugar
- 1 cup filtered water
- 4 Tbsp dried lavender flowers

Follow basic syrup instructions through step 3. Stir in lavender flowers, cover and steep 20 minutes. Drain through a fine mesh strainer or cheesecloth to remove flowers. Allow to cool, and chill in a covered container until ready to use.

Black Pepper Syrup

- 1 cup organic granulated cane sugar
- 1 cup filtered water
- ¼ cup black pepper, cracked

Follow basic syrup instructions through step 3. Stir in peppercorns, cover and steep 30 minutes. Drain through a fine mesh strainer or cheesecloth to remove pepper. Allow to cool, and chill in a covered container until ready to use.

Citrus Syrup

- ½ cup organic granulated cane sugar
- ½ cup citrus juice (any kind)
- Zest of 1 citrus fruit (use a vegetable peeler)

1. Combine sugar and fruit juice in a small saucepan. Bring to a low boil over medium high heat.
2. Reduce heat to medium and simmer until syrup has thickened slightly, about 10-12 minutes.
3. Remove from heat. Stir in zest, allow to steep for about 20 minutes. Remove or strain zest from syrup and chill until ready to use.

Spicy Jalapeño Syrup

- 1 cup organic granulated cane sugar
- 1 cup filtered water
- 1 jalapeño or habanero, rough chop

Follow basic syrup instructions through step 3. Stir in jalapeño, cover and steep 30 minutes. Drain through a fine mesh strainer or cheesecloth to remove pepper. Allow to cool, and chill in a covered container until ready to use.

Try a variety of dried herbs and teas from our bulk department in your simple syrups for amazing and original flavor combinations





Sparkling Peach Lemonade

Makes 4-6 Servings

INGREDIENTS

- 1 cup fresh peaches (about 3 small peaches), chopped
- ½ cup lemon juice (about 4 lemons)
- ½ cup simple syrup, or to taste
- Ice
- 12 oz bottle or can of sparkling water or sparkling wine

DIRECTIONS

1. Place peaches, lemon juice, and simple syrup in a blender. Blend until smooth. Refrigerate if making ahead, or pour into a shaker with ice and shake until chilled.
2. Fill champagne flutes halfway with juice mixture, and top with sparkling water or wine.



Strawberry Rhubarb Sparkler

Makes 2 Servings

INGREDIENTS

Rhubarb Simple Syrup

- ½ lb rhubarb, chopped (about 1 ½ cups)
- 1 cup sugar
- 1 cup water

Cocktail

- 2 strawberries, chopped, divided
- Ice
- 3 oz rhubarb syrup or puree (or to taste)
- 4 oz vodka
- Sparkling water
- Squeeze of lemon, to taste

DIRECTIONS

1. Add rhubarb, sugar, and water to a small saucepan. Bring to a boil. Reduce heat to medium low, and simmer 12-15 minutes, stirring occasionally.
2. Remove from heat. Allow to cool and strain through cheesecloth OR blend to puree. Your choice!
3. Divide the strawberries between 2 12 oz glasses and muddle. To each glass add ice, 1 ½ oz rhubarb syrup, and 2 oz vodka. Stir. Top with sparkling water and a squeeze of lemon.

Mocktail: Omit vodka. Top with sparkling water or lemon lime soda.



Rose Lemonade

Makes 2 Servings

INGREDIENTS

- ½ cup fresh squeezed lemon juice (2-4 lemons, depending on size) divided
- 2 Tbsp rose simple syrup, or to taste (see page 5)
- Filtered water, sparkling wine, sparkling water, or club soda

DIRECTIONS

1. Pour ¼ cup fresh lemon juice into 2 12 oz glasses with ice.
2. Stir in rose simple syrup.
3. Top with filtered water, sparkling wine, sparkling water, or club soda.

Make a Pitcher: For 8 servings, use 2 cups lemon juice (8-12 lemons), ¾ cups rose simple syrup, and 8 cups water. Adjust amounts to taste.

Cantarito

Makes 4 Servings



INGREDIENTS

- 1 grapefruit, juiced (about 6 oz)
- 2 oranges, juiced (about 4 oz)
- 2 limes, juiced (about 2 oz)
- 2 oz simple syrup, or to taste
- 4 oz tequila blanco
- Sparkling water
- Ice

DIRECTIONS

1. Pour juices, simple syrup, and tequila (if using) into a shaker with ice. Shake until chilled.
2. Divide between 4 12 oz glasses with ice. Top with sparkling water.

Mocktail: Omit tequila. Top with sparkling water or grapefruit soda.

Sparkler: Omit tequila. Top with sparkling wine.



Dalmatian

Makes 1 Serving

INGREDIENTS

- ½ cup (4 oz) grapefruit juice, fresh squeezed (about 1 medium grapefruit)
- ¼ cup (2 oz) black pepper simple syrup (or to taste) *see page 5*
- ¼ cup (2 oz) vodka
- Ice

DIRECTIONS

1. Add grapefruit juice, simple syrup, and vodka (if using) to a shaker with ice. Shake vigorously to chill the cocktail.
2. Pour into a 12 oz glass tumbler over ice.

Mocktail: Omit vodka. Top with sparkling water.

Sparkler: Omit vodka. Top with sparkling wine.

Margarita

Makes 2 Servings



INGREDIENTS

- 4 limes, juiced (4 oz)
- 1 orange, juiced (2 oz)
- 4 oz tequila blanco
- 2 oz orange liqueur
- Simple syrup, to taste
- Ice

DIRECTIONS

1. Pour juices, simple syrup, and tequila (if using) into a shaker with ice. Shake until chilled.
2. Divide between 2 12 oz glasses with ice.

Mocktail: Replace tequila and orange liqueur with 6 oz lime sparkling water and a squeeze of orange.

Rose Margarita: Replace simple syrup with rose simple syrup.

Spicy Jalapeno Margarita: Replace simple syrup with jalapeno or habanero simple syrup, garnish with jalapeno slices.

Pineapple Margarita: Replace orange juice with pineapple juice.

Paloma

Makes 2 Servings



INGREDIENTS

- 4 oz grapefruit juice, fresh squeezed (About 1 medium grapefruit)
- 1 oz lime juice, fresh squeezed (About 1 lime)
- 1 oz simple syrup (or to taste)
- 2 oz tequila blanco
- Sparkling water or club soda
- Ice

DIRECTIONS

1. Pour grapefruit juice, lime juice, simple syrup, and tequila (if using) into a cocktail shaker with ice. Shake until thoroughly chilled.
2. Divide into 2 12 oz glasses over ice. Top with sparkling water. Serve with a wedge of lime.

Mocktail: Omit tequila. Top with grapefruit soda.



Blended Piña Colada

Makes 2 Servings

INGREDIENTS

- 2 oz dark rum
- 2 oz light rum
- 4 oz heavy coconut cream (or coconut milk)
- 4 oz pineapple juice
- 2 oz lime juice
- 12 ice cubes
- Fresh pineapple, for garnish

DIRECTIONS

1. Place all ingredients into the blender with ice. Blend until smooth.
2. Divide between 2 12 oz glasses. Garnish with a wedge of fresh pineapple.

Mocktail: Replace the rum with 4 oz extra of pineapple juice, or 1/2 cup fresh pineapple chunks.

Shaken: Pour rum (if using), coconut cream, pineapple juice, and lime juice into a shaker with a handful of ice. Shake until chilled. Pour into glasses over ice.



Homemade Ginger Beer

By Ben Martin Horst | Makes 1/2 gallon

INGREDIENTS

- 1 fresh ginger root
- 2 cups sugar raw cane sugar
- 3 limes
- Water

DIRECTIONS

1. The starter culture can take a couple of weeks to get going, depending on the ambient temperature. Grate 2 tsp (about 10g) ginger and 2 teaspoons of sugar into 1 cup of water. Stir well, cover with cheesecloth, and set in a warm spot. Every day or two, stir in the same amount of grated ginger and sugar. When this starter starts bubbling (depending on temperature, this can be as soon as a couple of days, or more than a week), it's ready to use. If you don't use it right away, keep it active by feeding with additional sugar and grated ginger every couple of days.
2. Once the starter is active, bring ½ gallon of water to a boil. Add about ¼ cup (40g) grated ginger for a mild brew, or up to ¾ cup (120g) grated ginger for strong ginger flavor, and 1½ cups (270g) sugar, and boil for 15 minutes. Allow to cool to body temperature.
3. When cool, strain out and discard the ginger. To the liquid, add the juice of the limes and the strained starter culture. (Optionally, to keep the starter going for future batches, reserve a couple tablespoons of the starter culture, add more water, grated ginger, and sugar to it, continuing to feed as in Step 1.) Bottle the ginger beer in sealable bottles. Glass swing-top bottles work best, but glass or plastic screw-top bottles can also be used. Let the bottles ferment in a warm place for 10-14 days.
4. Chill the bottles before opening. While the results of fermentation can vary slightly, ginger beer should contain no more than trace amounts of alcohol, and can be safely consumed by children.



Dark and Stormy

Ben Martin Horst | Makes 1 Serving

INGREDIENTS

- 2 oz (60 ml) dark rum
- 3 oz (90 ml) homemade ginger beer (see above), or substitute any commercially-produced ginger beer
- 1 lime (optional)
- Ice

DIRECTIONS

1. Fill a glass with ice. Add rum, ginger beer, and the juice of half a lime (if desired) and stir.
2. Garnish with a wedge of lime and serve.



Moscow Mule

Makes 2 Servings

INGREDIENTS

Ginger Syrup

- ¼ lb fresh ginger, peeled and thinly sliced
- ½ cup granulated cane sugar
- ½ cup water

Cocktail

- 12 oz ginger hard kombucha, or your favorite ginger kombucha.
- 2 oz fresh lime juice
- 2 oz ginger syrup, or to taste
- Ice
- 2 oz sparkling water

DIRECTIONS

1. Combine water and sugar in a small saucepan. Bring to a low boil over medium high heat.
2. When sugar is dissolved, add ginger. Simmer until syrup is slightly thickened, about 10-15 minutes.
3. Remove from heat, allow to steep about 1 hour. Strain out ginger slices. Store in a sealed glass jar in the fridge until ready to use.
4. Mix together kombucha, lime juice, and ginger syrup.
5. Pour over ice, top with sparkling water.

Classic Cocktail: Replace 12 oz kombucha with 4 oz vodka and 8 oz ginger beer. Add ginger syrup to taste, if desired. Serves 2.

Mint Julep

Makes 1 Servings



INGREDIENTS

- ½ - 1 oz Simple Syrup or Sugar Free Simple Syrup (or to taste)
- 8 fresh mint leaves
- Crushed ice
- 2 oz bourbon

DIRECTIONS

1. In a 12 oz glass or julep cup, gently muddle mint leaves and simple syrup. Try not to mash the leaves into pieces, but bruise them to release oils.
2. Fill the glass $\frac{3}{4}$ of the way full with crushed ice. Pour in bourbon. Stir until the glass is frosty.
3. Pile on more ice, and garnish with more fresh mint. Sip slowly with a short straw.

Mocktail: Replace the bourbon with 1 oz black pepper simple syrup, or to taste.

Mint Mojito

Makes 1 Servings



INGREDIENTS

- 4 large mint leaves, or to taste
- 2 oz white rum
- 1 oz lime juice, fresh squeezed
- ½ oz simple syrup, or to taste
- Sparkling water
- Sprig of mint and slice of lime for garnish.
- Ice

DIRECTIONS

1. Gently muddle mint leaves in the bottom of a shaker. You don't want to shred them, gently bruise them to release the oils.
2. Add rum, lime juice, simple syrup, and ice to the shaker. Shake until chilled.
3. Pour over ice in a 12 oz glass. Top with sparkling water.

Mocktail: Replace the rum in the shaker with a splash of filtered (not sparkling) water. After shaking, top with lime sparkling water.

Strawberry Mojito: Follow steps 1 and 2. Muddle a strawberry in the bottom of the glass. Add ice. Pour in mojito mix and top with sparkling water.



2649 Commercial St. SE
Salem, OR 97302
503-361-7973

LifeSourceNaturalFoods.com

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