

YOUNG LIVING  
ESSENTIAL OILS

CHEF KATE

CULINARY OIL  
BRAND AMBASSADOR  
& CHEF-TO-THE-STARS



**TIP:** For a festive twist, use a custom sparkling juice blend instead! To create, mix some sparkling water with pink fruit juice of choice, such as pomegranate and/or cranberry. Depending on the glass size, top up with more sparkling juice or water as needed.

# ZYNG-A-LING FESTIVE MOCKTAIL

**SERVES** 4

**PREP TIME** 10 - 15 minutes

**A NOTE FROM CHEF KATE:** This is the perfect drink for celebrating this holiday season. It's delicious and full of healthy ingredients like Young Living's NingXia Zync™, NingXia Red® and a few drops of culinary essential oils to make the flavour really pop! If you do not have any NingXia Zync™ on hand, substitute with sparkling juice.

## INGREDIENTS

- 1½ cups Sparkling apple or sparkling cranberry juice
- 60 ml NingXia Red®
- 1½ cup NingXia Zync™
- ¼ cup Raspberry puree (reserve 1 tbsp.)
- 1 drop Young Living Lemon essential oil
- 1 drop Young Living Orange essential oil
- 2 tbsp. Caster or coconut sugar (to rim glasses)
- Ice, to chill
- Fresh raspberries, strawberry slices or pomegranate arils (for serving)



## METHOD

- To make the raspberry puree, blend ¼ cup raspberries with water (30 ml) and strain seeds. Reserve 1 tablespoon for rimming the glasses.
- In a glass jug, mix the sparkling juice, NingXia Red®, NingXia Zync™, raspberry puree and the culinary essential oils together. Add some ice and stir well to chill.
- To rim the glasses for a festive look, place the reserved puree on a flat plate. On another plate, place 2 tablespoons of caster sugar. Dip the rims of the glasses in the puree, and then into the sugar, creating a festive rim. Coconut sugar can be used instead, but the colour will be darker.
- Carefully pour the mocktail into the glasses, then add a few raspberries, strawberry slices or pomegranate arils and serve.