

The goal of these drinks are to support hydration, electrolyte balance and to help take the edge off of your sweets cravings. Aim for less than 24 grams of added sugar per day. This is 6 teaspoons of sugar/sweetener (honey, maple syrup, agave, etc).

Be mindful and read labels. These beverages allow you to have effervescent, antimicrobial cleansing, liver support while avoiding spikes in glucose and limiting added sugar all while hydrating!

Coconut Lime Spritzer

Ingredients

- 1 tbsp zero sugar coconut syrup (you can use the home made recipe below or purchase premade [zero sugar coconut syrup made with monk fruit by Torani](#))
- 1 lime juiced
- 8 ounces sparkling water



Instructions

1. Add coconut syrup and lime juice to a glass.
2. Top with sparkling water

Notes

For Lower Calorie Option:

Coconut Stevia Simple Syrup

- 1 cup water
 - 1/8 cup stevia
 - 1 tablespoon coconut extract
1. Combine all ingredients in a saucepan. Heat over medium-high heat just until stevia has dissolved. Remove from heat and cool. Use 2 tablespoon of this simple syrup in place of the coconut syrup listed in the recipe.

COCONUT LEMON SPRITZER

Ingredients

- ¼ Cup coconut water
- 1 Lemon, sliced
- Lemon soda water (La Croix) avoid sweetened sodas
- Ice

Directions

- Fill ½ a glass with ice cubes.
- Add the coconut water and lemon slices.
- Complete with lemon soda and stir.
- Garnish with a lemon wedge and enjoy.
- Optional: add coconut chips.



Coconut Cream Lime French Spritzer

Ingredients

- 2 ounces coconut cream
- 2 ounces lime juice
- 8 ounces carbonated water

Instructions

1. Add the coconut cream and lime juice to the glass.
2. Mix together with a fork.
3. Pour cold seltzer water over the top until the glass is filled.
4. Top with shredded coconut.



Ginger Lime Spritzer

Ingredients

Stevia Simple Syrup

- 6 oz ginger, peeled and sliced into coins
- 1 cup water
- ¼ cup stevia (approximately 10 - 12 packets)
- ½ cup lime juice

For the Spritzer

Ginger-Lime Simple Syrup
Seltzer water



Instructions

1. In a small saucepan, combine the ginger, water and stevia. Bring to a boil, reduce heat and cook until the stevia is dissolved.
2. Remove from heat and add the lime juice. Allow to sit for 30 minutes to allow the flavors to steep and combine. Strain the mixture, discarding the ginger. Refrigerate until cold.
3. When ready to make the drinks: Add 2-3 tablespoons of the simple syrup to every 8 oz of seltzer water. Serve cold with additional lime slices, if desired.
4. Feel free to make this a Ginger Lemon Spritzer if you like as well.

Tips for Quelling Sugar Cravings:

1. Stay hydrated
2. Eat larger meals with more protein during your daily meals
3. Avoid Salty Foods (they tend to make you want sweet foods to balance the flavor out). Instead aim for Bitter foods, like roasted [Brassica Vegetables](#).
4. Eat Protein and Fiber and every meal
5. Eat a piece of fruit (especially low sugar high fiber options: Granny Smith Apples, Berries, Pomegranate)
6. Check in with your emotions are you eating to satisfy stress or some other feeling that happens regularly
7. Fight through it to break the habit. The more sweets you eat, the more you want to eat it.
8. Make sure 85% of your meals are low sugar, high fiber, and solid in protein and enjoy 15% of your meals as treats.
9. Make a cinnamon based snack or drink to cut cravings
10. Make a coconut and citrus Spritzer Drink coupled with the snack suggestions below

Coupling these drinks with the following foods can really be a Sweet Craving Life Saver as well as a great way to add potassium to support electrolyte balance:

1. 5 olives
2. Slices of Avocado or roasted Brassica Veggies
3. Guacamole with veggies (celery, carrots, cucumber)
4. Nut Berry Mixture: (about 10 grams of sugar; without dark chocolate covered cocoa nibs its about 5 grams of added sugar.)
 - a. 8 almonds or walnuts
 - b. 1 tablespoon of Goji berries (4 g sugar) or organic Raisins (6 g sugar)
 - c. 3 Tabspoons - ¼ cup dry oats
 - d. 1 - 3 tsp dark chocolate covered Cocoa Nibs (4 g sugar) or 1 - 3 Tsp plain cocoa nibs (0.0 g sugar).
5. Remember you can still have sugar but limit the amount to less than 24 grams of added sugar. So, if you have to have that 1 sweet item, have it, enjoy it and keep it to 1 serving!



Vs



Plain cocoa nibs

Dark Chocolate covered cocoa nibs