

REFRESHING BEVERAGES



MICROGREENS JUICE

Ingredients:

- 1 cup mixed microgreens (e.g., wheatgrass, kale)
- 1 green apple, chopped
- 1 cucumber, chopped
- 1 lemon, juiced
- 1/2 inch ginger, peeled
- 1 cup water

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Strain through a fine mesh sieve or cheesecloth.
4. Pour into a glass and serve chilled!



MICROGREENS TEA

Ingredients:

- 1 cup mixed microgreens (e.g., mint, basil)
- 2 cups hot water
- 1 teaspoon honey (optional)
- Lemon slice (for garnish)

Instructions:

1. Place microgreens in a teapot or heatproof mug.
2. Pour hot water over the microgreens.
3. Let steep for 5–7 minutes.
4. Strain the tea into a cup.
5. Add honey and lemon if desired.
6. Serve warm!



MICROGREENS COCKTAIL

Ingredients:

- 2 oz gin or vodka
- 1 oz lime juice
- 1/2 oz simple syrup
- 1/4 cup mixed microgreens (e.g., basil, mint)
- Ice cubes

Instructions:

1. In a cocktail shaker, muddle microgreens with lime juice and simple syrup.
2. Add gin or vodka and ice.
3. Shake well for 15–20 seconds.
4. Strain into a glass over ice.
5. Garnish with additional microgreens.
6. Serve chilled!



MICROGREENS INFUSED WATER

Ingredients:

- 1 liter cold water
- 1/2 cup mixed microgreens (e.g., mint, basil)
- 1/2 cucumber, sliced
- 1 lemon, sliced
- Ice cubes

Instructions:

1. In a large pitcher, combine water, microgreens, cucumber, and lemon slices.
2. Let sit in the fridge for 1–2 hours to infuse.
3. Add ice cubes before serving.
4. Pour into glasses and enjoy!

