



**PRESTIGELABS®**

# MOCKTAIL DRINKS

**RECIPE GUIDE**

*FEAT. INTRA & PRE WORKOUT*



# WATERMELON MOCK-A-RITA



## TOOLS

- Shaker Bottle
- Small Plate/Saucer
- Glass



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Place 2 scoops Prestige Recovery watermelon flavor with 10 oz cold water into a shaker bottle filled with ice.
2. Add 2 tbsp of lime juice and agave nectar to the shaker and cover.
3. Shake until the ingredients are well mixed and chilled.
4. Place lime juice on a small saucer or plate.
5. On a separate small plate, combine the coarse salt and Tajin seasoning.
6. Dip the rim of a rocks glass in the lime juice, followed by the seasoning mixture to coat the rim.
7. Pour ice into the glass, then pour the watermelon mixture over the ice.
8. Garnish with a small wedge of watermelon and a ring of lime.

## INGREDIENTS

- Ice
- **2 scoops Watermelon Prestige Intra Workout**
- 10 oz cold water
- 2 tablespoons freshly squeezed lime juice, plus more for the glass rim
- 2 tablespoons agave nectar
- 1 tablespoon coarse salt
- 1/2 teaspoon Tajin seasoning
- Lime wheel, for garnish



# WATERMELON MOCK-ITO



## TOOLS

- Glass
- Blender
- Teaspoon



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. In a blender, blend watermelon, lime juice, 1 teaspoon sugar, and 2 scoops of Prestige Watermelon until smooth.
2. In the bottom of each glass, muddle 2 mint leaves with 1/4 teaspoon sugar.
3. Add in watermelon puree, filling about 1/2 full.
4. Add ice, a splash of ginger ale and top with club soda.
5. Stir to combine. Garnish with mint sprig and watermelon slice if desired.

## INGREDIENTS

- 2 scoops Watermelon Prestige Recovery
- 3 cups chopped watermelon
- juice of 2 limes
- 1-1/2 teaspoons sugar
- 4 fresh mint leaves
- crushed ice
- ginger ale
- club soda





# SUNSET MOCKTAIL



## TOOLS

- Glass
- Blender



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Blend all ingredients together.
2. Garnish with an orange slice

## INGREDIENTS

- Chopped Mint
- Juice from 1 Lemon
- Juice from 2 Oranges
- 8-10 oz Seven up
- 2 Scoops Watermelon Prestige Recovery
- 4 oz water
- Ice cubes



# MINTY WATERMELON MOCKTAIL



## TOOLS

- Glass
- Freezer
- Tablespoon
- Blender
- Knife



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Halve the watermelon and cut the flesh into chunks, discarding any seeds and the rind – you'll need about 450g (15 1/2oz) flesh in total.
2. Transfer the watermelon chunks to the freezer, in a suitable container, and leave for an hour to get really cold.
3. Slice 2 thin round slices from each of the limes and set aside for garnish.
4. Squeeze the juice from the remaining limes into a blender. After an hour, remove the watermelon from the freezer and add it to the blender.
5. Add sugar or honey, chilled soda water, 2 scoops Prestige Recovery watermelon flavor, and the mint leaves to the blender.
6. Blend until smooth, adding a splash more soda water if you prefer a thinner consistency.
7. Stir the mixture and pour it into a jug filled with ice cubes.
8. Garnish with the reserved lime slices and the mint sprigs.
9. Serve the beverage in tall glasses, filled with more ice if desired.

## INGREDIENTS

- 2 scoops Watermelon Prestige Recovery
- 2 limes
- 1 tbsp white sugar or runny honey
- 500ml (17fl oz) chilled soda water
- 10 mint leaves, plus a few mint sprigs for garnish
- about 10-15 ice cubes to serve, plus extra (optional)



# RASPBERRY LEMON MOJITO MOCKTAIL



## TOOLS

- Glass
- Muddler



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Muddle raspberries and mint leaves
2. Add 8 oz of water
3. Add lemon juice
4. Stir in Prestige Recovery/Intra Pink Lemonade
5. Pour over ice

## INGREDIENTS

- 1 cup of raspberries
- 1 cup of mint leaves
- 1/2 a cup of lemon juice
- 1 fl-oz of water
- 1 scoop of Prestige Recovery/Intra Pink Lemonade





# BLUE RASPBERRY BREEZE MOCKTAIL



## TOOLS

- Glass
- Stirrer



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Add all ingredients to glass
2. Add lemon juice at the end
3. Stir or shake and enjoy!

## INGREDIENTS

- 1 scoop of Prestige Recovery/  
Intra Blue Raspberry
- 1/4 cup of lemon juice
- Ice cubes
- 4 oz of water
- 4 oz of soda water





# MOCK MARGARITA



## TOOLS

- Glass
- Stirrer



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Combine all ingredients in glass
2. Add ice, stir and enjoy!

## INGREDIENTS

- 1 ounce fresh lime juice
- 1/2 ounce fresh lemon juice
- 1/4 teaspoon maple syrup or simple syrup
- 4 ounces tonic water
- 1 serving Prestige Recovery/Intra Pink Lemonade

### OPTIONAL

- 1/8 teaspoon Pickle Juice (recommended to contribute the right funky flavor to mimic tequila)
- Sugar or Salt Rim
- Lime Wheel garnish





# RASPBERRY LIME RICKEY



## TOOLS

- Glass
- Stirrer



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Combine all ingredients in glass
2. Add ice, stir and enjoy!

## INGREDIENTS

- 1 ounce fresh lime juice
- 5 ounces soda water
- 1 serving Prestige Recovery/Intra Blue Raspberry

### OPTIONAL

- Fresh or Frozen Raspberries
- Lime Wheel garnish



# MOCK ARNOLD PALMER



## TOOLS

- Glass
- Stirrer



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Combine all ingredients in glass
2. Add ice, stir and enjoy!

## INGREDIENTS

- 3 ounces lemonade
- 5 ounces unsweetened iced tea
- 1 serving Prestige Recovery/Intra Pink Lemonade

### OPTIONAL

- Lemon Wheel garnish



# BERRY FIZZ MOCKTAIL



## TOOLS

- Glass
- Stirrer



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Combine all ingredients in glass
2. Add ice, stir and enjoy!

## INGREDIENTS

- 2 ounces tart cherry juice
- 2 ounces pomegranate juice
- Fresh lime juice to liking (recommend 1/2 ounce)
- 1 serving Prestige Recovery/Intra Sour Berry Smash
- Dilute with sparkling water

### OPTIONAL

- Fresh or Frozen Raspberries
- Lime Wheel garnish





# INTRA LEMONADE



## TOOLS

- Pitcher
- Shaker Bottle
- Glass



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. In a large pitcher, combine the intra and freshly squeezed lemon juice.
2. Add the water and stir well, making sure the intra is fully dissolved.
3. If you prefer your lemonade on the sweeter side, add honey or your preferred sweetener to taste.
4. Pour the mixture into your shaker bottle and shake vigorously.
5. Serve chilled

## INGREDIENTS

- 1 serving Prestige Recovery/ Intra (pick favorite flavor)
- 1 cup of freshly squeezed lemon juice
- 4 cups water
- Honey or sweetener of choice (optional)





# CITRUS BERRY CRUSH MOCKTAIL



## TOOLS

- Muddler
- Glass
- Stirrer



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Muddle berries in the bottom of a glass
2. Add in ice
3. Pour La Croix over ice
4. Add in 1 scoop of Intra and stir
5. Squeeze fresh lime on top and enjoy!

## INGREDIENTS

- ¼ a cup of berries
- 1 can of lemon La Croix
- 1 fresh lime wedge
- 1 scoop of Prestige Recovery/  
Intra (pick favorite flavor)
- Ice Cubes





# MERMAID WATER MOCKTAIL



## TOOLS

- Glass
- Stirrer



## PREP TIME

- 5 minutes

## INSTRUCTIONS

1. Fill up cup with ice
2. Add in ingredients, stir and enjoy!

## INGREDIENTS

- ¼ cup of pineapple juice
- 1 cup of zero sugar glacier freeze Gatorade
- 1 scoop of Prestige Recovery/ Intra (pick favorite flavor)
- Ice Cubes

