



Recipe Ideas

The Basics- Making a Refresher is easy, just mix the liquids (Refresher with water or tea, etc.) After mixing the liquids pour over a 16oz cup full of ice. **YOU'RE DONE!**

Original Refresher

- 4oz Refreshers
- 4oz still water
- 16oz cup of ice

Iced Tea Refresher (Arnold Palmer Refresher)

- 4oz Refreshers
- 4oz unsweetened black iced tea, brewed
- 16oz cup of ice

Sparkling Refresher

- 4oz Refreshers
- 4oz sparkling water
- 16oz cup of ice

Green Tea Refresher

- 4oz Refreshers
- 4oz unsweetened green iced tea, brewed
- 16oz cup of ice

Lemonade Refresher

- 3oz Refreshers
- 2oz Lemonade (or Dr. Smoothie Lemonade Smoothie)

- 4oz still water
- 16oz cup of ice

Energy Refreshers-

Energy Refresher

- 2oz Refreshers
- 2oz Red Bull
- 4oz still water
- 16oz cup of ice

Super Energy Refresher

- 2oz Refreshers
- 2oz Red Bull
- 4oz unsweetened black iced tea, brewed
- 16oz cup of ice

“Foo Foo” Refreshers-

“Pink Drink” Refresher

- 4oz Refreshers
- 4oz unsweetened coco milk
- 216oz cup of ice

Scrub Refresher

- 4oz Refreshers
- 4oz still water
- .5-1oz organic apple cider vinegar
- 16oz cup of ice

Mimosa Refresher

- 4oz Refreshers
- 4oz sparkling wine
- 16oz cup of ice