

Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

Rawktails!

PARTY DRINKS THAT WON'T LEAVE YOU HANGING

The party doesn't stop just because you want to be your most healthy, vibrant self! Grab your juicer and make one of these fresh 'n fruity Rawktails (so named because they are made from fresh, real, RAW ingredients!). And if you choose to add spirits, you'll still be getting the super boost of oxygenating raw produce, meaning your drink won't make you feel yucky the next day.



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Extra Virgin Bloody Mary

Reminiscent of the classic cocktail, this is a wonderful cleansing treat on your palate and for your body. *Makes 2 servings.*

Ingredients

- 2 large tomatoes
- 1/2 cucumber
- 1 stalk celery
- 1/2 cup spinach
- 1/4 cup parsley
- 2 tablespoons yellow onion, diced
- 1 cup purified water
- 2 tablespoons lemon juice, freshly squeezed
- 1/2 teaspoon sea salt, or to taste
- Pinch cayenne pepper



Directions

Place all ingredients in high-speed blender and blend until smooth. If you like a smoother drink without the pulp, strain through a nut milk bag or fine mesh strainer. Will last up to 2 days refrigerated.

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Kiwi Lemonade

This is an amazing and tart combination. Kiwis vary in sweetness, so adjust the agave accordingly.

To ripen firm kiwis, place them at room temperature away from heat and sunlight for a few days. *Makes 2 servings.*

Ingredients

- 1 lemon, freshly squeezed
- 1 kiwi, peeled and sliced
- 1–2 tablespoons agave nectar (as desired)
- 2 cups water

Directions

Reserve one kiwi slice for garnish. Place all other ingredients in blender. Blend on high for 60 seconds, pour over ice, and add garnish. Additional ice may be added to blender for a slushier version.



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Green Appletini

Half the fun of cocktail hour is holding beautiful stemware, sipping an exotic drink, and having conversation. This “rawktail” will keep you in the mix as well as healthy and happy. Serve in a martini glass for flare and pizzazz! *Makes 1 serving.*

Ingredients

- 1½ cups water
- 1 large Fuji apple (or other sweet apple of choice), cored and sliced
- 1 cup fresh baby spinach
- 3 tablespoons lemon juice, freshly squeezed
- 2 tablespoons agave nectar

Directions

Blend all ingredients in high-speed blender until smooth. Strain through a fine sieve or nut-milk bag for a pulp-free “rawktail,” or enjoy its natural pulp straight up.



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Creamy Tangerine-tini

Like a creamy orange Creamsicle, this delightful drink gives you a little shot of vitamin C and protein with your Rawktail. *Makes 2 servings*



Ingredients

- 1 cup almond milk, preferably home made
- 1 cup tangerine juice, freshly squeezed
- 1 teaspoon vanilla
- 2 teaspoon agave nectar
- ½ cup ice cubes

Directions

Blend on high 30 seconds. Pour into martini glass and celebrate your health!

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Pink Grapefruit Cosmopolitan

When it's cocktail time and you want something refreshing and beautifying, this is the perfect choice. *Makes 1 serving.*

Ingredients

1 grapefruit, freshly squeezed

5 cranberries, fresh or frozen (extra for garnishing)

1-2 teaspoons agave nectar (as desired)

1 handful of ice

Directions

Place grapefruit juice, cranberries, agave nectar, and ice in blender and blend on high for 60 seconds.

Pour mixture through fine mesh strainer into martini glass. Garnish with a cranberry.



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Red Raw “Wine”

Red Raw Wine, you make me feel so fine. When everyone is chugging beer and cocktails at your next party, don't feel left out. You can be sipping on this sweet and tart Red Raw “Wine” Juice. It has the taste of wine tannins but is completely Naked. If you can't find fresh cranberries, you can use frozen.

Ingredients

2 cups fresh cranberries
2 cup pomegranate seeds
2 beets, cut into chunks
2 sweet apples, seeded and cut into chunks

Directions

Juice all ingredients in your juicer, alternating the cranberries and pomegranate seeds with the beets and apples. Pour into a pretty glass and enjoy. Store any leftovers in the fridge for up to 3 days.



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Green Bloody Mary

Some like it hot! This is a perfect game-day cocktail. Enjoy it as a virgin Green Bloody Mary or add a splash of high-quality vodka, if you wish. The fermented pickles provide good bacteria for your tummy and the tomatoes are rich in lycopene.

Ingredients

- 2 cups green tomatillos, chopped
- 2 cups heirloom yellow tomatoes, chopped (about 2 medium tomatoes)
- 1 raw fermented kosher dill pickle (found in the refrigerator section of your grocery store)
- 1 garlic clove
- 1 serrano chili pepper, seeded and chopped
- 1 tablespoon freshly squeezed lemon or lime juice
- 3 dashes of Tabasco or hot sauce of choice
- 1 teaspoon organic Worcestershire sauce (such as Annie's)
- ½ teaspoon sea or Himalayan salt
- ½ teaspoon black pepper
- ½ teaspoon celery salt



Directions

Blend all ingredients in a high-speed blender until smooth and liquefied. Serve over ice with a celery stick or pickle spear. If you want a thinner consistency, pour through a nut-milk bag or fine strainer.

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Cherry Mary Cocktail

This cocktail is so savory and satisfying, it is a meal. The cherry tomatoes are perfect for juicing, just wash and go. They have the same amount of the antioxidant, lycopene, as their larger counterpart but tend to be a little bit sweeter. The dinosaur kale gives this juice a deep green color, but the flavor is a rich tomato. Make this for any brunch and everyone will ask you to hold the vodka!

Ingredients

- 2 cups of cherry tomatoes
- 2 stalks of green onions
- 2 stalks of celery
- 1 cup of red leaf lettuce
- 1 cup of dinosaur kale
- ½ cup of parsley
- ½ of a lemon, peeled with the pith on
- A pinch of sea salt
- A pinch of cayenne pepper



Directions

Alternate hard and soft produce in the hopper of your juicer to ease the flow and yield the most juice. Add salt and cayenne at the end to taste.



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Pretty Pink Apple Pomegranate Cocktail

Pomegranates are loaded with antioxidants; they are considered one of our superfoods. Go ahead and juice some of the white pith with the seeds; it is loaded with vitamins.

Ingredients

3 green apples, seeds removed and cut into chunks

1 cup pomegranate seeds

Directions

Alternate juicing the crunchy apples with the juicy seeds of the pomegranate in the hopper of your juicer. If you do not have a juicer, you can blend the ingredients in a high-speed blender with a little water and then strain the pulp through a nut-milk bag.

Sweet Tart

Tart cranberries, grapefruits, and limes with a ginger kick. Mmm!

Ingredients

3 cups cranberries

1 inch of ginger

3 oranges, peeled with pith on

2 small Ruby Red grapefruits, peeled with pith on

2 limes, peeled with pith on

Directions

Separate citrus fruits into roughly fourths and juice all ingredients with your juicer. Pour into a pretty glass and enjoy.