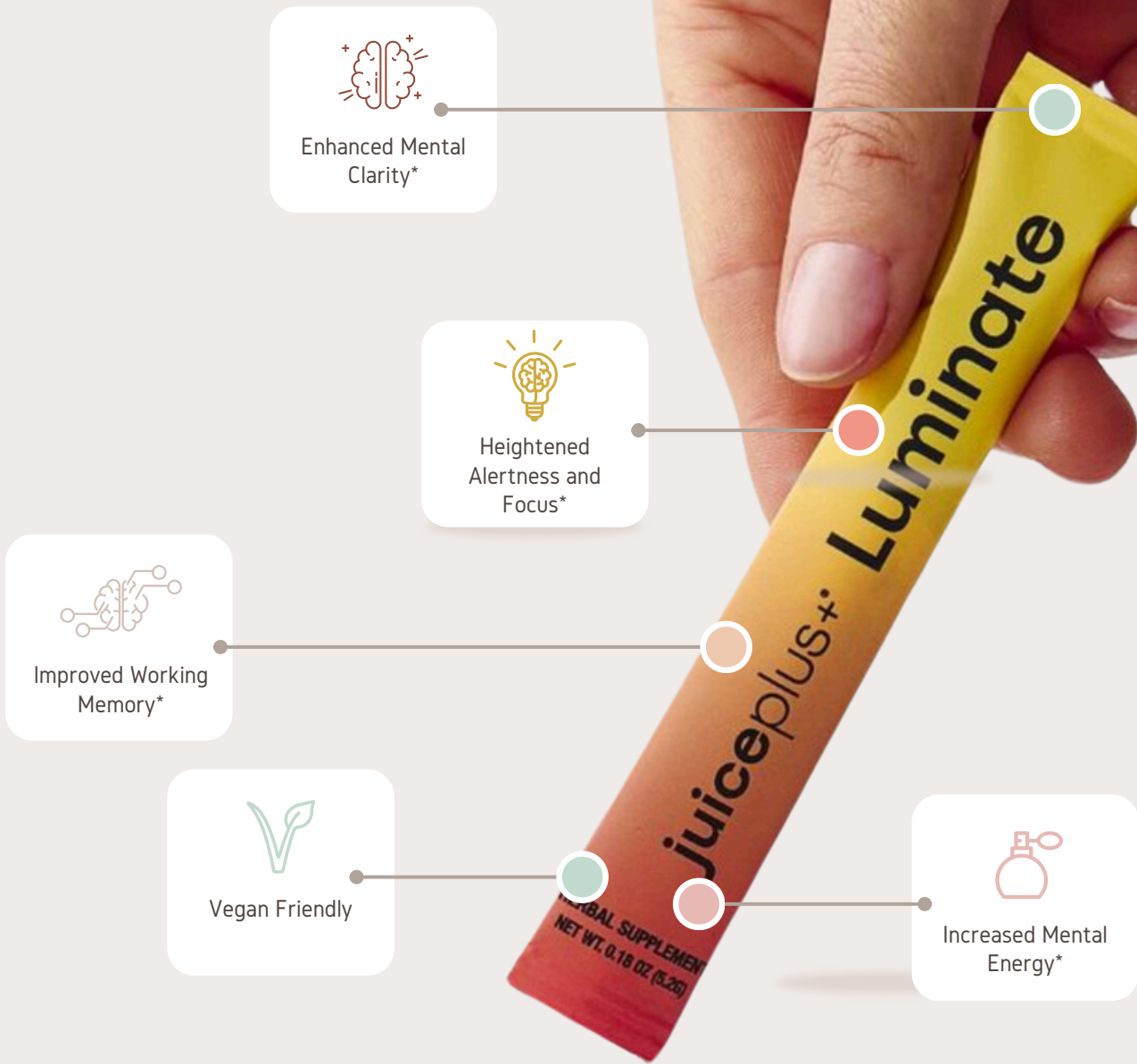


Luminate Your Life



RECIPES FOR NON-ALCOHOLIC COCKTAILS TO ENJOY WITH LUMINATE

LUMINATE YOUR MIND.



Plant-Based Ingredients



MARGARITA LUMINATE



- 100ml cold-pressed organic apple juice (no added sugar)
- 1/2 lime juice
- 50ml of water
- A handful of frozen strawberries
- 1 sachet of Luminat
- BY JUICE PLUS +

Place all the ingredients in a blender and blend everything together to get a “margarita” consistency. If you want your cocktail even thicker, add more frozen strawberries. You can wet the edge of the glass with lime juice and add a little brown sugar for decoration and then pour your margarita into the glass!

ORANGE COUNTY LUMINATE



- 1 freshly squeezed whole orange juice (approx. 75ml)
- 1/2 lime juice
- 200ml of water
- 6/8 ice cubes
- 1 sachet of Luminat
- BY JUICE PLUS +

Pour the orange juice, lime juice, water and contents of the Luminat sachet into a shaker for 10 seconds, once mixed everything add the ice cubes and shake for 20 seconds. Pour the contents into a tall glass and add a slice of orange and lime as garnish.

CAIPIRINHA LUMINATE



- 1/2 lime juice (or lemon)
- 240ml cold-pressed organic apple juice (no added sugar)
- 6/8 ice cubes
- 1 sachet of Luminat
BY JUICE PLUS +

Extract Prepare 240ml of sugar-free cold-pressed apple juice in a glass. Take the lime, cut it in half and then into 3 parts. Then put the lime pieces in a tall shaker and crush it with a pestle to release the juice.

Then add 3 ice cubes to the lime juice (leaving the peel inside) with the 240ml of apple juice and the contents of the Luminat sachet. Shake everything for 15 seconds and pour the contents into a glass.

LUMINATE SPRITZ



- 200ml of water
- 6-8 mint leaves
- 10ml of lemon juice
- 1 sachet of Luminare BY JUICE PLUS +
- 1 drop of sparkling water
- 2 slices of orange, lemon and cucumber
- 6/8 ice cubes

Pour the 200ml of water into a shaker, the contents of the Luminare sachet with the 6-8 mint leaves (beat the mint leaves between your hands first to make the smell emanate well), the 10ml of lemon juice and the ice. Shake everything well.

Take a cocktail glass, add a few ice cubes, orange, cucumber and lemon slices and pour in the freshly shaken contents. Add the drop of sparkling water to finish the cocktail and garnish the glass with mint and orange!

LUMINATE MOJITO



- 1 Luminato BY JUICE PLUS +
- 10-12 fresh mint leaves
- 100ml cold-pressed apple juice (no added sugar)
- 1/2 lime juice
- 6 ice cubes (to be crushed)
- 100ml water

Cut the lime into 4 parts and then each part into 3 slices. Using a pestle, crush the lime inside a glass to release the juice, then add the mint leaves (first rub them between your hands to release the smell) and finally add the crushed ice.

Prepare separately, in a plastic shaker, the 200ml of cold-pressed apple juice and the Luminato sachet, shake everything well for 20 seconds. Once the Luminato has been shaken, add it to the glass with the crushed ice, mint and lime.

Serve everything with a few fresh mint leaves

DRY LUMINATE



- 1/2 grapefruit juice (50ML)
- 200ml of water
- 6 ice cubes
- 1 slice of lemon (for decoration)
- 1 Luminate BY JUICE PLUS +

Shake the contents of the Luminate sachet in a plastic shaker with the 200ml of water and the grapefruit juice. Pour the contents into a glass with 6 ice cubes and a slice of lemon.

LUMINATE PINA COLADA



- 1 LUMINATE BY JUICE PLUS +,
- 140ml cold pressed pineapple juice (sugar free)
- 100ml of coconut milk in an organic can
- 4 ice cubes

Place all the ingredients for the base in the food processor and blend until you obtain a smooth mixture. Pour the contents into a glass and decorate everything with a paper umbrella and a small piece of pineapple slice.

LUMINATE SEX ON THE BEACH



- 80ml of organic cranberry juice (no added sugar)
 - 80ml of grapefruit juice,
 - 80ml fresh peach puree (bought organic or homemade)
 - 6 ice cubes
 - 1 Luminate BY JUICE PLUS +
- FOR THE PEACH PUREE:
- 1 medium-sized peach (peeled, pitted and sliced)
 - 60 ml of water

FOR THE PUREE: In a saucepan, bring the water and peach slices to the boil using a medium heat. Cook the peach on a low heat for about 2 minutes. Remove the saucepan from the heat and let the contents cool for about 30 minutes. Puree the peaches in a blender or food processor. Alternatively you can also use an immersion blender. Use your peach puree on the day you prepare it or place it in the refrigerator and store for up to 24 hours. If you wish, you can also freeze your puree and eat it within a month.

FOR THE DRINK: Pour the grapefruit juice, cranberry juice and contents of the Luminate sachet into a shaker glass and shake everything vigorously.

Then pour the contents into a previously cooled glass, insert the 6 ice cubes, the 80ml of peach puree and pour over the freshly shaken contents, this way you will also get a beautiful effect with two colors!

SICILIAN LUMINATE



- 1 Luminate BY JUICE PLUS +
- 250ml of water
- 6-8 fresh mint leaves
- 1 dash of agave syrup
- 1/4 lime juice
- 1/4 lemon juice
- 4/6 ice cubes

Pour the lemon and lime juice into a bowl and mix it with a drop of agave syrup. Separately, pour 250ml of water and the contents of the Luminate sachet into a plastic shaker and shake vigorously. After shaking, add the previously prepared lemon/lime juice and the mint leaves. Once mixed vigorously, pour all the contents into a glass with ice cubes.

FIZZY LUMINATE



- 150ml of freshly squeezed orange juice
- 6-9 ice cubes
- 1 twisted orange peel
- 100ml of sparkling water
- 1 Luminate BY JUICE PLUS +

Pour 150 ml of orange juice into a plastic shaker with the contents of the Luminate sachet and ice cubes.

Once shaken vigorously, filter the contents and pour the drink without the ice into the previously cooled glass and slowly add the sparkling water, using a teaspoon, to form two levels of different colours.

Finally, pass the orange peel over the edge of the glass, pressing it gently to release the oil and give an exotic scent to your drink!

BLACK CURRANT LUMINATE



- 220ml organic blackcurrant juice (no added sugar)
- 30ml of water
- 5/6 ice cubes
- 1 LuminatE BY JUICE PLUS +

Pour the organic blackcurrant juice and the contents of a sachet of LuminatE into a shaker and shake vigorously. Separately, add the 6 ice cubes into a glass, pour in the freshly shaken contents and mix everything together with a spoon.