

+ EFFORTLESS SUMMER BEAUTY ALL-NATURAL PROTECTION FOR SKIN AND HAIR
DRINK TO YOUR HEALTH: DELICIOUS SUMMER MOCKTAILS WITH ANTIOXIDANT POWER!

whole living

August 2011

body + soul in balance

nourish **MOCKTAIL HOUR**

CUCUMBER-HONEYDEW COOLER



SPIKE IT Shake the cucumber-honeydew mixture with 1½ oz Junmai Ginjo saké, such as **MOMOKAWA ORGANIC**. The only domestic USDA-certified organic saké, this Oregon-brewed craft pick has a refreshing floral flavor. \$13 for 750 ml, at sakeone.com

EW
vor and
ipreme
and
so a good
ral that
s.
cucumber
pieces) and
blender until
into a shaker
a martini
nber peel.
cumber-
1½ oz
sh as Momo-
domestic
saké, this
pick has a
\$13 for 750



such as Prairie Organic. The company behind this rich, buttery spirit uses organic Minnesota corn husks and cobs as biofuel. \$20 for 750 ml, at liquor stores

PER DRINK: 86 calories; 17 g carbs

