



MOCKTAILS & METEROID BITES

From the kitchen of:
Dr. Jeanie Subach & the WCU Ram Chefs

COCONUT LEMON BALLS

INGREDIENTS

1 1/2 cup cashews
2 tablespoons of maple syrup
1 cup coconut
1 tablespoon melted coconut oil
3 tablespoons of juice from
one large lemon

DIRECTIONS

Add all ingredients to food processor.
Scoop into small balls.
Roll in coconut.
Place on sheet pan, cover and place in refrigerator.

GREEN PISTACHIO MATCHA BALLS

INGREDIENTS

12 dates
2/3 cup pistachios
1/4 cup pumpkin seeds
2 teaspoons matcha
Chopped dark chocolate (The Ram
chefs used 6 oz. or half a bag of
Wegmans dark chocolate chips)

DIRECTIONS

Add all ingredients to food processor except pistachios.
Scoop into small balls.
Roll in pistachios.
Place on sheet pan, cover and place in refrigerator.

CHOCOLATE ORANGE DATE BALLS

INSPIRED BY PLANET VENUS

INGREDIENTS

2 cups oats
2 tablespoons cocoa powder
2 tablespoons chia seeds
13 dates
Juice from one large orange
Dark chocolate (The Ram chefs
used 6 oz. or half a bag of Weg-
mans dark chocolate chips)

DIRECTIONS

Add all ingredients to food processor.
Scoop into small balls.
Place on sheet pan, cover, and place in refrigerator.

BASIL LEMONADE

INSPIRED BY PLANET SATURN

INGREDIENTS

BASIL SIMPLE SYRUP: - 6-9 fresh basil leaves

- 1 cup water

- 1 cup cane sugar

DIRECTIONS

Mix and bring to a boil – cool and refrigerate.

Add ½ to ¾ cup Basil Simple Syrup to 64 oz lemonade.

ORANGE CRUSH WITH BASIL

INSPIRED BY THE SUN AND ORCHIDS AND SWEET TEA

INGREDIENTS

½ cup freshly-squeezed orange juice

¼ cup orange-basil simple syrup

1 lime, freshly-squeezed

Organic lemon soda or ginger beer, for topping

Simple Syrup

- ¼ cup filtered water

- ¼ cup organic cane sugar

- 1 Navel orange, freshly-squeezed

- 1 teaspoon orange zest

- 2-3 fresh basil leaves

DIRECTIONS

TO MAKE SIMPLE SYRUP

Add all ingredients and let it boil. Once boiling, reduce the heat and let it simmer for 2-3 minutes before turning off heat and letting everything steep (while covered), about 5 minutes. Let cool completely.

TO MAKE THE MOCKTAILS

In a bowl, add the orange juice, cooled simple syrup, and lime juice, stirring everything together until combined.

TO ASSEMBLE

Add crushed ice to a glass, fill ¾ of the glass with the orange mocktail mixture, followed by basil leaves. Top with lemon soda or ginger beer. Sip and enjoy!

GREEN MATCHA ALMOND LATTE

INSPIRED BY PLANET URANUS

INGREDIENTS

1 tsp matcha powder

¼ cup hot water

5 oz. Almond Milk

Maple Syrup to taste

DIRECTIONS

Mix powder with hot water.

Add almond milk and maple syrup.

Blend.

Pour over ice.

STRAWBERRY HIBISCUS SWEET TEA

INSPIRED BY PLANET MARS

INGREDIENTS

6 Cup Strong Brewed Hibiscus tea

½ Cup Sugar

1 Pint Strawberries – Pureed.

DIRECTIONS

Blend.

Chill.

Serve over ice.