

SODA SENSE.  
**DRINK RECIPES**  
DAILY DELIGHTS



**Grape Soda**  
Pg. 8

# SODA SENSE.

## HOW TO USE THIS RECIPE BOOK

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The Soda Sense *Daily Delights* Recipe Book is your guide to making refreshing health-conscious soda drinks at home. Inside, you'll find a collection of recipes for delicious beverages that you can enjoy any time of day (morning, afternoon, or evening).



Select a recipe from the book, check the list of ingredients and measurements, and scan the QR code for video instructions.



Each recipe includes a difficulty level rating from 1 to 3, so you can choose one that fits your comfort level of the moment.

**Difficulty Level:** ① ② ③

Create unique fizzy drinks with all-natural ingredients and say goodbye to boring or unhealthy beverages!



## EARTH-AWARE

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Not only is this recipe book an excellent guide for making your favorite carbonated drinks, but it's also environmentally friendly, **made from 100% recycled paper**. Plus, switching from store-bought plastic bottles to home-made soda will significantly reduce waste production. Each CO2 Canister used equates to **a reduction of up to 170 single-use plastic bottles**, preventing them from ending up in oceans and landfills.

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The recipes in this book use ingredients likely to be found in your fridge, and helps avoid toxic chemicals and sugars found in regular sodas. Our mission is to assist our members in leading healthier, more flavorful, and sustainable lifestyles, one CO2 refill at a time.

# SPARKLING GREEN TEA

Difficulty Level: ① ② ③

## INGREDIENTS

- 1.5 Tbsp Green Tea Leaves
- 12 fl oz Sparkling Water
- Touch of Honey

[\(Video Guide\)](#)



Green tea is a refreshing beverage that offers numerous health benefits. Packed with antioxidants, it reduces the risk of chronic diseases, boosts metabolism, improves brain function, and promotes healthy skin!

## M O R N I N G R E C I P E S



## ENERGIZING SELTZER

Difficulty Level: ① ② ③

### INGREDIENTS

- 3 tablespoons lemon or lime juice
- 2 tsp raw apple cider vinegar
- 1 pinch sea salt
- 2 mineral drops
- 2 drops liquid stevia extract
- Sparkling Water

Revitalize your system with this cleansing energizing seltzer! This irresistible combination of ingredients work together to cleanse and energize your system.



[\(Video Guide\)](#)



## COLD BREW FIZZ

Difficulty Level: ① ② ③

### INGREDIENTS

- 1/3 cup Cold Brew
- Sparkling Water
- Cream/Milk (opt.)



[\(Video Guide\)](#)



Need a morning pick-me-up? Try Cold Brew Fizz: soda smooth caffeine that boosts energy and reduces hunger.

# ORANGE SODA

Difficulty Level: 1 2 3

## INGREDIENTS

- 1 Orange for Juice and Zest
- 1 Lime Zest
- 1/8 Cup of Honey
- Sparkling Water

[\(Video Guide\)](#)



Refreshing Orange Soda made from natural ingredients is irresistibly delicious! The sweet flavor of real oranges paired with freshly squeezed lime juice will make this drink a household favorite.

## AFTERNOON RECIPES



# GINGER BEER

Difficulty Level: ① ② ③

## INGREDIENTS

- 1 cup Water
- 1 cup Honey
- 3 Lemon Peels
- 3 Ginger Peels
- Sparkling Water

With its spicy kick and numerous health benefits, including anti-inflammatory properties, our Ginger Beer is the perfect choice for a refreshing drink.



[\(Video Guide\)](#)



# LEMON LIME SODA

Difficulty Level: ① ② ③

## INGREDIENTS

- 1/4 oz Lemon Juice
- 1/2 oz Lime Juice
- 1.5 Tbsp Simple Syrup
- Lemon + Lime Wheels
- Sparkling Water

Love how Sprite® tastes? Try our lemon-lime soda! Tangy citrus flavor, bubbly effervescence—quenches thirst, satisfies cravings.



[\(Video Guide\)](#)



# CUCUMBER MINT SODA

Difficulty Level: ① ② ③

## INGREDIENTS

- 1 Cucumber
- 1/2 Cup of Mint Leaves
- 1/2 Gallon of Water
- Sparkling Water

Refreshingly Healthy Cucumber Mint Soda: Made with fresh cucumber and mint, enjoy a hydrating drink that's packed with antioxidants!



[\(Video Guide\)](#)



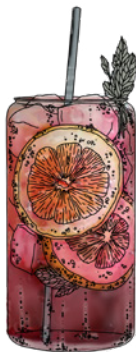
# GRAPE SODA

Difficulty Level: ① ② ③

## INGREDIENTS

- 400g Grapes (Dark, like Concord Grapes)
- 1.75 Cups Water
- 1/3 Cups Sweetener (Xylo)
- Squeeze - Lemon Juice
- Sparkling Water

Packed with heart-healthy benefits from grapes and digestion-aiding lemon, as well as sweetened with Xylo, this grape soda is a guilt-free alternative to traditional soda. Try it today and indulge in a delicious drink that your body will thank you for!"



[\(Video Guide\)](#)



# BLACKBERRY SAGE SODA

Difficulty Level: ① ② ③

## INGREDIENTS

- 1 Cup Blackberries
- 3 Stems of Sage Leaves
- ½ Gallon of Water
- Sparkling Water

[\(Video Guide\)](#)



You have to try this Blackberry Sage Soda! It's a refreshing and healthy alternative packed with the health benefits. Blackberries are a great source of antioxidants and fiber, while sage contains anti-inflammatory and cognitive-boosting properties. Give it a try!

## AFTERNOON RECIPES

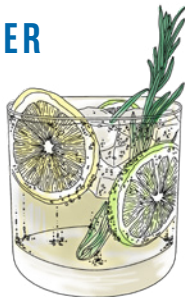


## LEMON LIME ROSEMARY SPRITZER

Difficulty Level: ① ② ③

### INGREDIENTS

- 1 oz Gin
- 1/2 Tbsp Lemon Juice
- ½ oz Lime juice
- 1 Rosemary Stalk
- Sparkling Water



[\(Video Guide\)](#)



Looking to unwind after a long day? Try our Lemon Lime Rosemary spritzer, a delicious and refreshing drink that's perfect for reducing stress and anxiety.

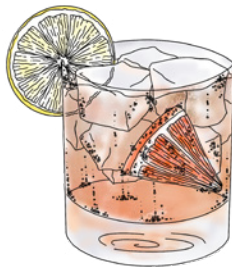


## GRAPEFRUIT PALOMA

Difficulty Level: ① ② ③

### INGREDIENTS

- 2 oz grapefruit juice
- 1 oz lime juice
- 0.5 oz maple syrup
- Lime/grapefruit wedges (Garnish)
- 2 oz Tequila (opt.)
- Sparkling Water



[\(Video Guide\)](#)



Paloma Cocktail: Fresh grapefruit in a glass with tequila and lime makes the perfect “night-in” drink, packed full of Vitamin C and antioxidants!

# STRAWBERRY MINT MOJITO MOCKTAIL

Difficulty Level: ① ② ③

## INGREDIENTS

- 3 Strawberries
- 16 Mint Leaves
- 0.5 oz lime juice
- Lime wheel and strawberry
- Sparkling Water
- 2 oz White Rum (opt.)

[\(Video Guide\)](#)

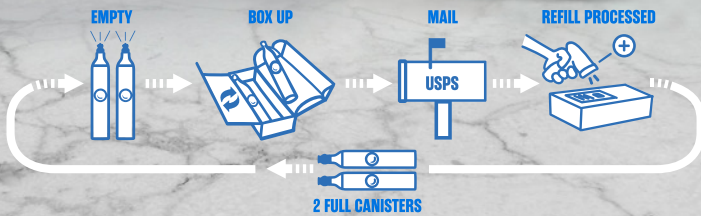


Infused with fresh strawberries and mint, this healthy seltzer doubles as the perfect mixer! Add a splash of rum and enjoy a delicious and unique cocktail experience.

## EVENING RECIPES



# Hassle-Free Refills!



Want to **win FREE CO2 refills** for a year?  
Give us your feedback!

