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BIG CITY COSMO

INGREDIENTS

1½ oz vodka1 oz triple sec1 oz ALO Enrich2 tsp. fresh lemon juice

DIRECTIONS

Fill a shaker with ice.
Add all ingredients and shake.
Strain over fresh ice and garnish with a lemon slice and cranberries.





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FRESH PICKED SMOOTHIE

INGREDIENTS

10-15 strawberries
8-10 blueberries
Handful of spinach
1 orange
1 lime
1 cup of Greek yogurt
1 cup of ice
1 bottle ALO COCO Exposed
Honey (optional to taste)

DIRECTIONS

Blend all ingredients until smooth.





PRETTY IN PINK SPRITZER

INGREDIENTS

½ cup ALO Comfort ½ cup club soda 1 tsp. grenadine Lemon slices

DIRECTIONS

Fill a glass with fresh ice.
Add ALO Comfort, club soda and grenadine, stirring gently to mix.
Garnish with lemon slices.











INGREDIENTS

½ cup fresh raspberries
½ bottle ALO Elated
½ Tbsp. honey
1½ oz vodka
1 Tbsp. fresh cava orange juice
Ice
Fresh parsley

DIRECTIONS

Muddle the raspberries in a glass.

Fill glass halfway with ice and top with vodka, honey, cava orange juice and ALO.

Stir to mix evenly and garnish with parsley and orange slice.

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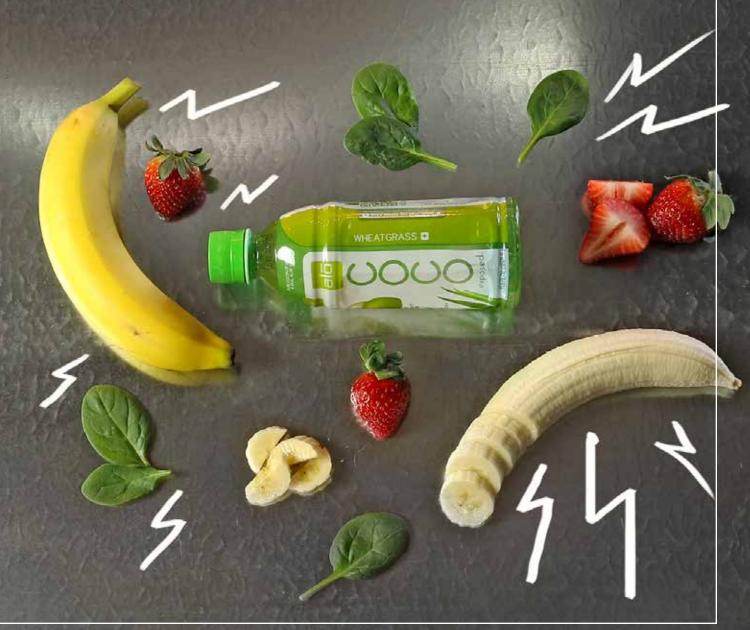
PROTEIN POWER SMOOTHIE

INGREDIENTS

1 cup ALO COCO Exposed Wheatgrass
1 cup almond milk
1 scoop protein powder
1 banana
8 strawberries
Handful of spinach

DIRECTIONS

Blend all ingredients until smooth. Enjoy after a workout or as a filling snack!







BERRY PEACHY COOLER

INGREDIENTS

1 cup fresh blueberries 1½ cups ALO Comfort, frozen into cubes ½ cup ALO Comfort, chilled ½ fresh peach

DIRECTIONS

Add all ingredients to blender.

Purée until smooth.





MIDNIGHT MOON DAIQUIRI

INGREDIENTS

4 oz ALO Exposed (Original or Light)

½ cup frozen blackberries

1¼ oz rum

2 cups ice

DIRECTIONS

Add all ingredients to blender.

Blend on high for 1-3 minutes until all ice chunks are gone.

Pour in a tall glass and garnish with berries.





WINTER WHITE SANGRIA

INGREDIENTS

1 bottle white wine
¼ cup brandy
¼ cup orange liqueur
1 bottle ALO Enrich
2 Tbsp. fresh lemon juice
½ orange, thinly sliced
½ lemon, thinly sliced
1 apple, cored and thinly sliced
1 bottle sparkling water, chilled
Rosemary sprigs and pomegranate seeds

DIRECTIONS

Combine all ingredients in a large pitcher, minus the sparkling water.
Chill for 2 to 3 hours to let flavors meld.
When ready to serve, add sparkling water and garnish with rosemary and fruit.





GOLDEN GLITZ SPRITZER INGREDIENTS

½ bottle ALO Enrich Soda water Mint Fresh cranberries, to garnish

DIRECTIONS

Muddle a small handful of mint at the bottom of a glass. Fill with ice. Pour in ALO Enrich and top off the glass with soda water. Garnish with mint sprig and cranberries.



CITRUS CHILL MARGARITA

INGREDIENTS

1½ cups fresh lime juice
½ cup ALO Appeal
½ cup tequila
2 Tbsp. agave nectar
1½ cups ice

DIRECTIONS

Add all ingredients to blender.

Process until smooth.

Garnish with lime slices.









LAZY SUNDAY BLOODY MARY

INGREDIENTS

2 oz pepper-infused vodka 3 oz ALO Enliven 3 oz tomato juice 2 dashes hot sauce 2 dashes Worcestershire sauce Peppers, pickles and olives to garnish

DIRECTIONS

Pour all ingredients (minus garnish) into a cocktail shaker filled with fresh ice. Shake well and pour into glass with ice. Garnish with peppers, pickles and olives.







ROSY CHEEKS SANGRIA

INGREDIENTS

1 bottle red wine

¼ cup brandy

¼ cup orange liqueur

1 bottle ALO Enrich

2 Tbsp. fresh lemon juice

½ orange, thinly sliced

½ lemon, thinly sliced

1 apple, cored and thinly sliced

bottle sparkling water, chilled

Rosemary sprigs, cranberries and pomegranate seeds for garnish

DIRECTIONS

Combine all ingredients in a large pitcher, minus the sparkling water.
Chill for 2 to 3 hours to let flavors meld.
When ready to serve, add sparkling water and garnish with rosemary and fruit.



RISE & SHINE REFRESHER

INGREDIENTS

1 bottle ALO Exposed (Original or Light)
2 cups fresh pineapple, chopped
1 cup ice

DIRECTIONS

Add all ingredients to blender.

Process until smooth.







MERRY MORNING MIMOSA

INGREDIENTS

4 oz ALO Enrich

4 oz apple cider

8 oz champagne or sparkling wine

Pomegranate seeds

DIRECTIONS

Pour champagne into a tall glass. Let bubbles settle slightly and add the cider and ALO.

Top with pomegranate seeds. Cheers!





CRACK OF DAWN COOLER

INGREDIENTS

½ cup chopped mango
½ cup chopped pineapple
1 Tbsp. fresh lemon juice
1½ cups ALO Allure
2 tsp. quinoa flakes

DIRECTIONS

Place all ingredients in a blender and process until smooth.

Fill a glass with ice and pour cooler over it.

Enjoy immediately!





COOL AS A CUCUMBER MOJITO

INGREDIENTS

1 Tbsp. honey
½ Tbsp. lime juice concentrate
6 oz ALO Light Refresh
2 oz cucumber vodka
Handful of mint leaves
Cucumber slices to garnish

DIRECTIONS

Add honey, lime juice and mint leaves to a glass and muddle together.
Pour ALO and vodka on top and stir.
Serve over fresh ice and garnish with cucumber slice and mint sprig.



BLACK TIE MARTINI

INGREDIENTS

2½ oz gin or vodka ½ oz dry vermouth ½ oz ALO Exposed (Original or Light) Olives, for garnish

DIRECTIONS

Place all ingredients in a shaker full of ice.

Shake for 30 seconds.

Pour into a glass with fresh ice and garnish with olives.







RECIPES PROVIDED BY:

Peanut Butter and Peppers Modern Day Moms Cooking Quinoa **Ecletcic Recipes** Kleinworth & Co. Wannabite What's That Smell? Wonky Wonderful Simply Sadie Jane Family Fresh Cooking One Sweet Appetite The Realistic Nutritionist Gabi Winkels Carolyn Michaels

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