

VIRTUAL COCKTAIL CLASSES

BY

ICE AND ALCHEMY

W/ HOLISTIC HEALTH
COACH @BODYBLISSBYJESS



NO SUGAR ADDED CLASS BONUS PACKET

A RECAP OF CLASS MATERIALS AND INFORMAL
INTRODUCTION TO ESTABLISHING YOUR HOME BAR

COCKTAIL 1: MOSCOW MULE

- 2 oz. Vodka (or sub any spirit)
- ¾ oz Lakanto Monkfruit Simple Syrup (see other options below)
- ¾ oz. Lime Juice
- 3-4 Ginger "Coins"
- Top with Soda Water (2 - 3 oz.)



DIRECTIONS

Add the the Lakanto Monkfruit simple syrup and ginger coins to the copper mug (or glass). Muddle firmly to extract the ginger flavor. Add the lime juice and spirit. Fill with ice and top with soda water. Garnish with whatever makes you happy!

OPTIONS AND TIPS

If you want to use a dropper bottle of Stevia or Monkfruit, add those drops last. In this case, you'd muddle the ginger with the lime juice and then add the rest of the ingredients. Finally, add 2-4 drops of your concentrated sweetener until you balance the sourness of the lime juice to your liking.

You can flavor your Lakanto Monkfruit syrup by placing some in a pot and gently heating it on low heat and adding your favorite flavoring ingredient (herbs, spices, teas, coffee beans, etc). Once you're satisfied with the flavor intensity, strain-out the solids and bottle up the syrup!

Using other sugar-free bubbles work well inside of this drink! Think coconut, hibiscus, or passionfruit La Croix or other flavored seltzer water to add an extra layer of fun!

“Remember, anytime you introduce or substitute a new ingredient into your formula, check back with your Yin & Yang”

WELLNESS TIPS BY JESS

PRE GAME + WHILE DRINKING

Tip 1: Eat 3 balanced meals! Do not restrict your food to save room for alcohol. This will end up in blood sugar crashes, late night munching, a bad hangover + insane cravings. Try to include protein, healthy fats and fiber-rich veggies to balance blood sugar levels! Keep snacks on you so if your blood sugar dips, you can refuel (nut butter packets, whole food protein bar, grass-fed jerky etc)!

Tip 2: Drink a full glass of water w/ Ultima electrolytes to replenish the body with minerals needed to retain fluid & flush toxins & set water alarms on your phone, reminding you to hydrate all day/night!

Tip 3: Supplement with B vitamins (depleted when drinking alcohol and impact mood, energy & brain function) + digestive enzymes to break down key nutrients and avoid bloating and a sour tummy!



STAY IN TOUCH

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COCKTAIL 2: MARGARITA

MARGARITA RECIPE 2

- 2 oz. Tequila
- $\frac{3}{4}$ oz. Fresh Lime Juice
- $\frac{3}{4}$ oz. Lakanto Monk Fruit
- Squeeze of one orange peel (about the size of a quarter)

DIRECTIONS

Cut a small piece of orange peel. Squeeze that peel into the shaker and drop it in. Add all other ingredients to the shaker. Shake and strain into a glass either on the rocks or served up. I tend to salt half of my rim, but that's just me! Garnish with a lime wheel or wedge.

OPTIONS AND TIPS

Remember, you can use concentrated sugar-free sweetener dropper bottles here, too. Just remember to add them in last so you can dial-in your Yin & Yang!

Berries, peppers, and herbs are a great way to introduce flavor without adding much if any sugar! You can muddle these directly into your cocktail or infuse them into your spirit or Monkfruit simple syrup.



MORE NO-SUGAR-ADDED RECIPES!



These cocktails use the same structure(s) that we covered in class or have other qualities that make them similar to what we covered.

SUFFERING BASTARD

- 1 oz. Gin
- 1 oz Brandy (or Bourbon)
- ½ Lakanto Monkfruit Simple Syrup
- ½ oz. Fresh Lime Juice
- 3-4 Ginger Coins
- 2 Dashes Angostura Bitters
- Top Soda Water

DIRECTIONS

Add the the Lakanto Monkfruit simple syrup and ginger coins to the copper mug (or glass). Muddle firmly to extract the ginger flavor. Add the lime juice and spirit. Fill with ice and top with soda water. Garnish with whatever makes you happy!

PALOMA

- 2 oz. Blanco Tequila
- ¾ oz. Lakanto Monkfruit Simple Syrup
- ¾ oz. Fresh Lime Juice
- 2 oz Pink Grapefruit Juice
- Top with Soda Water

DIRECTIONS

Add all ingredients into a tall glass with ice. Garnish with a slice of grapefruit, herbs, or whatever you want!

MORE NO-SUGAR-ADDED RECIPES!



When making the "Skinny" Margarita above, we used the Bartender's Golden Ratio a.k.a. the Sour cocktail structure. That means you can use that same structure for any sour you want to make!

WHISKEY SOUR

- 2 oz. Bourbon
- ¾ oz. Fresh Lemon Juice
- ¾ oz. Lakanto Monkfruit Simple Syrup
- Egg White (optional)

DIRECTIONS

Add all ingredients shaker tin. Dry shake without ice for 30 seconds (if using egg white), then add ice to your tin and shake again for 10 seconds. Strain into a Coupe glass without ice or Double Old Fashioned glass with ice. Garnish with a brandied cherry, orange peel, or lemon peel. If you're using egg white, an optional dash of Angostura bitters on the foam is a nice aromatic touch.

MOJITO

Note: this is a Collins cocktail structure simply by adding bubbles to a sour.

- 2 oz. Silver Rum
- ¾ oz. Fresh Lime Juice
- ¾ oz. Lakanto Monkfruit Simple Syrup
- 8-10 Mint Leaves
- Top with Soda Water

DIRECTIONS

Gently muddle the mint leaves and Lakanto in a Collins glass. Add the rum, lime juice, and crushed ice. Stir/swizzle briefly. Top with more crushed ice and soda water and stir/swizzle briefly again. Garnish with a mint bouquet.

WELLNESS TIPS BY JESS

POST DRINKING + NEXT DAY

Tip 1: Take activated charcoal which helps to draw toxins from the body with a huge glass water before bed. Take other supplements, medications & birth control 2 hours away from activated charcoal

Tip 2: If you haven't eaten in a few hours, have a protein & fat based snack to keep blood sugars stable since an imbalance can interfere with sleep and wake you up with anxiety in the middle of the night

Tip 3: Build a balanced breakfast the next day. Have a liver detoxifying juice with beets and mixed greens. If feeling nauseous try bitters and soda water. Drink more electrolytes + tons of water!

Tip 4: Sweat it out! Go outside for some fresh air and a brisk walk. Trade your workout for something low intensity that will help relax the body and improve digestion (yoga, pilates, deep stretching)



STAY IN TOUCH

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HOME BAR ESSENTIALS

This is a list of essential spirits and tools to complete your home bar at a fundamental level. You will be able to create and modify every A-list classic cocktail (ex. Old Fashioneds, Manhattans, Margaritas, etc.) and modern classics (ex. Lemon Drops, Cosmos, etc.) depending on what ingredients and citrus you have on-hand that day.

I only list brands that I would personally use at home and that aren't cost-prohibitive (with a couple exceptions). Some of these might be new to you so feel free to expand your horizons or stick to what you know and like!



THE BASICS

Build your bar by picking up a bottle of each of these when you feel inspired

VODKA

Monopolowa (potato)
Wheatley (grain)
Ketel One (grain)

BOURBON

Evan Williams Black Label
Buffalo Trace
Four Roses

GIN

Beefeater
Ransom (Old Tom)
Empress1908 (Indigo)

RYE

Sazerac
Michter's Rye
Angel's Envy (splurge)

RUM

Matusalem Silver
Bacardi Silver
Flor de Cana Silver

TRIPLE SEC/ORANGE CURACAO

Clemént Creole Shrub
Pierre Ferrand Dry Curacao
Cointreau

TEQUILA

KAH
La Gritona Reposado
Fortaleza

BITTERS

Angostura Bitters

If you go the affordable route with these suggestions, which are all spirits I'm happy to use, you'll spend around \$150. Not too shabby!



HOME BAR ESSENTIALS

OPTIONS TO BROADEN YOUR BASICS

These are more nuanced with less cocktail usage compared to the list above.

SCOTCH

Dewars White Label (blended)
Glenlivet 12yr (single malt)
Laphroaig (single malt, heavily peated)

GIN

Botanist
AMASS (new world style)
Bols Genever

RUM

Appleton Estate Signature Blend
Skipper Demerara
Rhum Clément

MEZCAL

Leyenda
Bozal
Amarás
Del Maguey Single Villages
Fidencio
El Jolgorio

BRANDY/COGNAC/PISCO

Berteaux
Pierre Ferrand 1890
Capurro Pisco Quebranta

BITTERS

Regan's Orange #6
Peychaud's

HELPFUL LINKS AND DISCOUNTS

Bar Tools: A Bar Above

Use code **ICEANDALCHEMY10** for a 10% discount on your order

Cocktail Stirring Kit: Bull in China PDX

For \$10 off this awesome kit, enter code **ICEANDALCHEMY10** at checkout

Soda Water, Tonics, Ginger Beer, and Mixers: Top Note Tonics

Use code **ICEANDALCHEMY10** for a 10% discount off your first order

Syrups: Liquid Alchemist

Use code **ICEANDALCHEMY25** for a 25% discount

Sugar-Free Simple Syrup: Lakanto

Use code **BLISS** for a 15% discount [here](#) & check out their other products

Sugar-Free Dropper Bottles: Lakanto

Use code **BLISS** for a 15% discount [here](#) & throw in your purse or pocket. Simply order a tequila soda from the bar, add 2-3 drops & ask for lime & orange wedge garnish (salt rim optional)!

JESS'S SUGGESTIONS AND DISCOUNTS

Ultima Electrolytes

Use [this link](#) and code **BODYBLISS20** for 20% off your order. The perfect balance of all 6 electrolytes that you need to replenish after drinking. Throw the stick packs in your pocket!



Mary Ruth Organics

15% off your first order \$23.95+ with code **MARYRUTH**. Suggestion: [activated charcoal](#)

H-PROOF

Use [this link](#) & code **BLISS10** for a 10% discount. The "any time you drink" vitamin

Energy Bits

Chlorella & algae tabs to help detoxify and remove toxins. Use code **BODYBLISS** for 20% off [here](#)

HUM Nutrition Supplements

Use [this link](#) and code **BODYBLISS15** for 15% off your first order. Favorites: [Flatter me](#) (digestive enzyme), [Wing man](#) (liver support, detox)

CHOMPS Grass-fed Jerky

Protein packed & delicious! Use code **BLISSBYJESS** for 15% off + free shipping [here](#)

B.T.R Protein Bar

Use [this link](#) and code **BODYBLISSBYJESS** for 10% off. Recommend the PB chocolate chip!

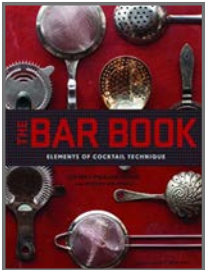
Body Bliss Latte Blends

Use code **BLISSBLEND**s for \$3 off your latte blends for energy & detoxification [here](#). Come in 2 unique flavors for energy w/out the crash!



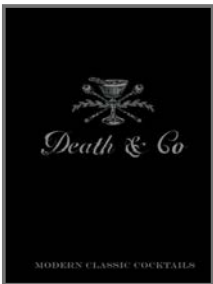
BOOKS

Here are a few of my favorite books to help you expand your knowledge and creativity. Keep on mixing and exploring! Tag me in your cocktail creations on [Instagram @ice_and_alchemy](#) so I know what you've been up to!



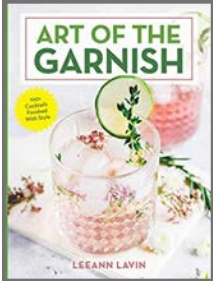
THE BAR BOOK

This book is all about bar techniques for the home bar written by one of the world's most influential bartenders of this century.



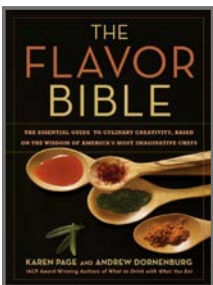
DEATH & CO.

Amazing imagery and recipes. This book has both the technical and visual appeal which makes it a great first book to have at home.



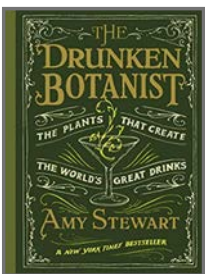
ART OF THE GARNISH

Great coffee-table book with inspiring garnishes from bartenders all over the world, including myself.



THE FLAVOR BIBLE

Gain insight on flavors from around the globe and dive deeper into affinities that will broaden abstract or everyday flavor profiles.



THE DRUNKEN BOTANIST

In The Drunken Botanist, Amy Stewart explores the dizzying array of herbs, flowers, trees, fruits, and fungi that humans have, through ingenuity, inspiration, and sheer desperation, contrived to transform into alcohol over the centuries.

THANK YOU FOR SHAKING THINGS UP WITH US!

TAG US IN YOUR CREATIONS ON IG
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[@LAKANTO](#) FOR A CHANCE TO WIN A
\$50 LAKANTO GIFT CARD!



WE HOPE YOU'LL JOIN US FOR ANOTHER CLASS SOON!