Mocktail *Guide*

BENEFITS OF GOING ALCOHOL-FREE + 10 MOCKTAIL RECIPES TO TRY

Wellness from Within Nutrition

MOCKTAILS 101

Why the buzz?

Mocktails have gone mainstream. One quick scroll on social media and you'll see endless celebrities and influencers sipping fruity mocktails by the pool.

But before we dive into the buzz, let's back up with some basics...

What Are Mocktails?

Simply put, **mocktails are cocktails without the liquor.** They're non-alcoholic drinks crafted to taste and look like their spirited friends. They can be made with a variety of ingredients like juices, sodas, herbs, spices, or fresh fruit.

Why Are They Trending?

The demand for non-alcoholic drinks has surged in the past few years. Bars have expanded their booze-free menus. And more and more people are choosing to cut back on alcohol--or go alcohol-free altogether.

So why the shift?

Well, for starters, more people are **health conscious** these days. And alcohol can have many harmful effects on your health (more on this later).

Mocktails are an easy way to scale back alcohol consumption and prioritize wellness, while still enjoying a tasty drink.

Inclusivity also plays a role. Mocktails give sober-curious people a chance to socialize without feeling left out.

They're perfect for those avoiding alcohol for religious reasons, addiction recovery, health conditions, or even pregnancy.

ALCOHOL & YOUR HEALTH

What science says

Most people think having a drink now and then won't do much harm. But research shows there's no 'safe' amount of alcohol that doesn't harm your health.

Alcohol is a toxin. Plain and simple. Drinking alcohol affects several organs and systems in your body.

Here are some of the ways alcohol can take a toll on your health:

Alcohol's Effects on the Body

- **Brain:** Alcohol slows the nervous system down making it harder to think, speak, and move. Heavy drinking also increases the risk of stroke.
- **Heart:** Drinking too much damages the heart. This can lead to high blood pressure and increase the risk of heart disease.
- **Digestive system:** Alcohol irritates the stomach lining which can lead to gut inflammation. Not to mention, it impairs the absorption of nutrients.
- **Pancreas:** Alcohol inflames the pancreas. Over time, this can lead to pancreatitis and affect its ability to make digestive enzymes.
- **Blood sugar:** Alcohol spikes your blood sugar. Consuming it too often can increase the risk of developing diabetes.
- **Immune system:** Alcohol weakens the immune system, harming your body's ability to fight off infections.
- **Bones:** Long-term drinking can weaken bones and increase the risk of osteoporosis.
- **Liver:** Your liver has to break down alcohol. Each time you drink, it damages liver cells. This creates inflammation and can cause scarring or cirrhosis of the liver.

KEEPING MOCKTAILS HEALTHY

Top Tips

Not all mocktails are created equal. Many mocktails replace booze with sugary syrups, soda and other empty calories. Or they sneak in artificial sweeteners or colors.

Others are infused with fresh herbs, spices, and fresh fruit. So ingredients matter!

Here's a look at some of the best mocktail ingredients:

Healthiest Mocktail Ingredients

- Sparkling mineral water
- Unsweetened cranberry juice
- Pomegranate juice
- Lime or lemon juice
- Grapefruit juice
- Kombucha
- Green tea
- Iced tea
- Peppermint tea
- Coconut water
- Coconut milk
- Pieces of fresh fruit or veggies (berries, pineapple, oranges, jalapeno, etc.)
- Fresh herbs (such as mint, rosemary, cilantro, basil)
- Spices (like cinnamon, cardamom, cloves, nutmeg, cayenne pepper)
- Alcohol-free cocktail bitters
- Natural sugar free sweeteners like liquid stevia or monk fruit drops

HEALTHY MOCKTAIL *Recipes*

Margarita Mocktail

- Juice of one lime
- 2 oz orange juice
- 4 oz sparkling water
- 1/4 tsp liquid monk fruit sweetener (like this one)
- Ice
- Garnish rim with sea salt or tajin and lime wedges

Virgin Bloody Mary

- 1 cup tomato juice
- Juice of 1/2 lemon
- 2 tbsp dill pickle juice or olive brine
- 1-2 dashes Worcestershire sauce
- 1-2 dashes hot sauce (like tabasco or Cholula)
- 1/8 tsp celery salt
- Ice
- Garnish with celery stick, olives, or both!

HEALTHY MOCKTAIL *Recipes*

Mojito Mocktail

- 3 tbsp lime juice
- 6 oz sparkling water
- 10-12 fresh mint leaves
- 1/4 tsp liquid monk fruit sweetener (like this one)
- Ice
- Garnish with mint sprig and lime wedge

Holiday Cranberry Mocktail

- 4 oz unsweetened cranberry juice
- 4 oz sparkling mineral water
- 1/4 tsp liquid monk fruit sweetener
- Ice
- Garnish with a sprig of fresh rosemary and fresh cranberries

HEALTHY MOCKTAIL *Recipes*

Paloma Mocktail

- 1 grapefruit, juiced
- 2 tbsp lime juice
- 1/4 tsp liquid monk fruit sweetener
- 4 oz sparkling water
- Ice
- Garnish with lime or grapefruit slices

Frozen Virgin Pina Cola

- 1 cup frozen pineapple
- 1/4 cup canned coconut milk
- Handful of ice

Blend ingredients in blender until smooth. Garnish with dried coconut flakes or a pineapple chunk.

HEALTHY MOCKTAIL *Recipes*

Ginger Kombucha Pomegranate Spritzer

- 4 oz ginger kombucha
- 4 oz sparkling mineral water
- 1 oz pomegranate juice
- Juice of 1/2 lime
- 5-10 drops liquid monk fruit or stevia
- Ice
- Garnish with lime wedge or mint sprig

Turmeric Lemonade Mocktail

- 3 tbsp lemon juice (about one lemon)
- 1/2 cup sparkling water
- 1 tsp ground turmeric
- 1 tsp ground ginger
- small pinch pepper
- 1/4 tsp liquid monk fruit sweetener
- Ice
- Garnish with lemon slices

HEALTHY MOCKTAIL *Recipes*

Virgin Hot Toddy

- 1 cup brewed tea (like Earl Grey)
- 1 cinnamon stick
- 3 whole cloves (or pinch ground cloves)
- Few slices fresh ginger (or pinch ground ginger)
- 1 tbsp lemon juice
- stevia or monk fruit to taste

Coconut Green Tea Mocktail

- 1 cup brewed green tea
- 4 oz coconut water
- Juice of 1/2 lime
- Stevia drops to taste
- Ice
- Garnish with a lime wedge