



the mindful
mocktail

MINDFUL MOCKTAILS

...for every season

HI! I'M NAT



Welcome to your go-to guide for creating beautiful, feel-good mocktails at home. Inside, you'll find my most-loved, viral recipes from every season (yes, including the holidays), along with simple tools to help you get creative in your own kitchen. From easy flavor pairing charts to a step-by-step guide to layering drinks, plus my favorite holiday syrups to elevate any sip, this eBook is designed to make mocktail-making feel fun, effortless, and a little bit special...every time you pour a glass.

Nat
xxx



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SUMMER

Summer Flavor Pairing Chart

On the left, you'll find my go-to star ingredients for summer - think fresh, vibrant, and ultra-refreshing. On the right, I've listed flavors that pair beautifully with each one. Use this as inspiration rather than a recipe - you wouldn't add everything from the "Best Pairings" column. Instead, choose one or two to complement your star ingredient and create your own bright, summery combinations.

Star Ingredient

Best Pairings

Watermelon	Mint, lime, cucumber, strawberry, rose, coconut water, salt
Peach	Raspberry, honey, vanilla, thyme, ginger, lemon, almond
Mango	Lime, coconut, chili, pineapple, passionfruit, ginger, turmeric
Pineapple	Coconut, lime, ginger, passionfruit, chili, lemongrass
Berries (Mixed)	Lemon, mint, vanilla, coconut, honey, orange
Coconut	Pineapple, mango, lime, chocolate, coffee, vanilla
Passionfruit	Mango, pineapple, lime, coconut, vanilla, orange

5 Minute Tropical Mocktails

I love this recipe because it SO simple and as one of my recipe testers said - 'this tastes like sunshine'!

Perfect for summer and sipping by the pool.



Ingredients

- 3 oz (90 ml) mango puree, juice or nectar
- 3 oz (90 ml) pineapple juice
- 3 oz (90 ml) coconut water (sub for sparkling coconut water or kombucha)
- 1.5 oz chilled hibiscus tea (sub for pomegranate or cranberry juice)
- Optional garnish: fruit/flowers

Method

Fill a tall glass to the brim with ice. Add the mango, pineapple juice and coconut water. Stir gently to combine. Slowly pour in the hibiscus tea. Garnish with pineapple fronds, citrus and/or edible flowers if you wish!

TIP

To achieve the layered effect, be sure to fill your glass to the BRIM with ice! Small ice works best, but if you don't have it, add some larger ice cubes to a zip lock bag and give it a bash - be careful!

Lemon Blueberry Smash

Antioxidants, probiotics AND low in refined sugar? YES this mocktail ticks all the boxes! With juicy blueberries, tart lemon and the goodness of kombucha and butterfly tea, this nourishing mocktail is perfect for Summer.



Ingredients

- 8-10 blueberries, fresh or thawed
- 1 oz (30 ml) lemon juice
- 1/2 cup lemon mineral water or citrus kombucha
- 1 teaspoon honey
- 1.5 oz (45 ml) butterfly pea tea

Method

Brew the butterfly pea tea, then measure out 1.5 oz (45 ml) while it's still warm. Stir through the honey until it dissolves and set aside to cool. Add the blueberries to a glass and muddle until the blueberries burst and the juice is released. Add the lemon juice and fill your glass with ice. Pour in your mixer of choice then slowly pour the butterfly pea tea on top. Garnish and serve.

Tips

I love using frozen blueberries for mocktails. They tend to be juicier and have a more vibrant color too.

Hugo Spritz Mocktail

Floral elderflower, fresh mint, a little lemon and bubbles...if you haven't tried a Hugo Spritz this is your sign that it's time!



Ingredients

- 8 mint leaves
- 1 oz (30 ml) non-alcoholic elderflower cordial or syrup
- 3 oz (90 ml) non-alcoholic Prosecco (see Tips for subs)
- 1 oz (30 ml) soda water
- Optional garnishes: fresh lemon slice and mint

Method

Place the mint in your glass along with the elderflower, then muddle until the mint is just bruised. Do this VERY gently and carefully so as not to break the stem of the wine glass! 5-6 gentle presses is fine. Fill your glass with ice, then add the non-alcoholic wine and soda water. Stir gently, then taste. Add a little more elderflower if you wish, stir again, then garnish and serve.

Tips

You can replace the non-alcoholic Prosecco with a dry alcohol-free wine or a lemon mineral water if you wish.

Cucumber Elderflower Spritz

With a perfect balance of crisp, fresh and sweet, this easy cucumber mocktail with lime and elderflower can be made in less than 5 minutes.



Ingredients

- 2 oz cucumber juice
- ½ - 1 oz elderflower syrup or cordial
- 1 oz lime juice
- ½ cup sparkling wine or soda water
- Cucumber or edible flowers to garnish

Method

Fill your wine glass to the brim with ice then add the elderflower syrup or cordial. Add the cucumber juice and lime juice. Gently pour in the non-alcoholic wine (or soda) and stir, being careful not to disturb the lovely bubbles too much! Add your optional garnish and serve.

Tips

Chill your ingredients prior to assembling so the ice doesn't melt quickly and dilute your drink.

Blue Hawaiian Mocktail

Enjoy this classic Blue Hawaiian mocktail with a nourishing twist! I bring you TWO variations of this classic - one traditional, and one nourishing and functional. Why not try both?



Ingredients

- 1/2 oz (15 ml) blue curaçao syrup
- 1 oz (30 ml) lime juice
- 2 oz (60 ml) pineapple juice
- 2 oz (60 ml) coconut water
- 1 tablespoon coconut milk or cream of coconut
- Optional: 1 oz (30 ml) non-alcoholic rum

Method

Add all ingredients to a shaker with some ice. Shake for around 15 seconds to combine, then strain over fresh ice and garnish with fruit and/edible flowers.

Note: I often find tropical mocktails WAY too sweet, so I have balanced it out with some extra lime juice. If you're usually a sweet tooth, stick to 1/2 oz (15 ml) lime juice.

Visit this [recipe on my website](#) to find the nourishing version!

Aperol Spritz Mocktail

Nothing screams Summer like a classic 'Aperol' Spritz, so here is mocktail version, just for you!



Ingredients

- 3 oz (90 ml) dry non-alcoholic sparkling wine
- 2 oz (60 ml) non-alcoholic 'Aperol' replacement (see notes below)
- 1 oz (30 ml) soda water
- Optional: orange slice and/or edible flowers for garnish

Method

Fill your spritz glass with ice. Add sparkling, Aperol replacement and soda water. Stir gently and add your orange slice and optional edible flowers.

Aperol' replacements: I always try to offer you a variation that isn't a non-alcoholic spirit, but the truth is, Aperol is extremely hard to replicate - believe me, I tried! If you want your spritz to be as close as possible to the OG, choose one of the high quality replacements on the market.

YOUR ULTIMATE GUIDE TO LAYERING

I've been there - you see a gorgeous layered mocktail and just KNOW you have to try it. But when you try to recreate it at home, the result is just...blah.

The secret to creating beautifully layered mocktails lies in density - how heavy each liquid is, based on its sugar content.

Here's how to master the layers!

Know Your Densities

Always pour the heaviest liquid first and finish with the lightest.

- Heavier (more sugar = sinks): syrups, juices like pomegranate, mango nectar, grenadine.
- Lighter (less sugar = floats): teas (like hibiscus or green tea), coconut water, soda water.

Pour Gently

To avoid mixing the layers:

- Use the back of a spoon or a mocktail layering tool.
- Slowly pour each layer over the spoon just above the previous layer.

Other Tips

- Use chilled ingredients: Cold liquids are a little thicker and layer more easily.
- Ice helps: Add ice after your heaviest layer, before pouring the next. It helps break the fall of the liquid and slows mixing.



FALL

Fall Flavor Pairing Chart

On the left, you'll see my favorite star ingredients for fall. On the right, I've listed some of the best flavors that pair beautifully with each one. Think of it as inspiration rather than a recipe - you wouldn't add every single ingredient from the "Best Pairings" column. Instead, pick one or two to highlight alongside your star ingredient and create your own cozy fall combinations.

Star Ingredient

Best Pairings

Apple	Butter, caramel, cardamom, cinnamon, cloves, cranberries, ginger, honey, lemon, maple syrup, nutmeg, pears, pomegranate, pumpkin, rosemary, thyme, vanilla
Pumpkin / Pumpkin Spice	Caramel, cinnamon, cloves, cranberries, ginger, honey, lemon, lime, maple syrup, nutmeg, orange, rosemary, sage, thyme, vanilla
Pear	Apple, butterscotch, caramel, cardamom, chestnuts, cinnamon, cloves, cranberries, figs, ginger, honey, lemon, maple syrup, nutmeg, rosemary, star anise, vanilla
Cranberry	Apple, cinnamon, cloves, ginger, hazelnuts, honey, lemon, lime, maple syrup, pear, pumpkin, star anise, thyme, vanilla
Pomegranate	Cardamom, cinnamon, cloves, ginger, honey, lemon, lime, nutmeg, walnuts
Maple	Apple, caramel, chestnuts, cinnamon, coffee, figs, ginger, hazelnut, lemon, lime, nutmeg, pears, pecans, pumpkin, star anise, vanilla, walnuts
Fig	Apple, caramel, cinnamon, cloves, ginger, hazelnuts, honey, lemon, lime, pear, pecan, rosemary, star anise, vanilla, walnuts

Mulled Apple Cider

Warm and aromatic, my mulled apple cider recipe can be made on the stovetop or in a slow cooker (Crock Pot). Ready in as little as 30 minutes; it's a delicious way to warm up on a cool day.



Ingredients

- 4 cups fresh apple cider or unfiltered apple juice (see notes)
- 1 cinnamon stick
- 2 star anise
- 4 cloves
- 1 sliced orange
- 1/4 cup brown sugar (optional - see notes)
- Orange slices/star anise to garnish

Method

Heat all ingredients in a medium-sized saucepan over medium-high heat until just bubbling (don't let it boil rapidly). Cover and simmer on very low for 30 minutes. Taste, then add a tablespoon of brown sugar if required. Taste and repeat until it's just as you like it. Serve in mugs.

CROCK POT (SLOW COOKER) METHOD

Add all ingredients to your slow cooker. Heat on low for 2-2.5 hours. Taste, then add a tablespoon of brown sugar if required. Repeat until it's just as you like it. Serve.

Caramel Apple Mimosas

Made with apple cider (or cloudy apple juice) and alcohol-free sparkling wine, this delicious mocktail is perfect for Fall. With an optional caramel cinnamon rim, it's quick to make and perfect if you're serving a crowd.

Ingredients

- ½ cup apple cider
- ½ cup non-alcoholic sparkling wine
- Caramel cinnamon rim (optional)
- Dried apple or cinnamon stick for garnish (optional)

Method

Pour equal parts non-alcoholic sparkling wine and apple cider into your glass and garnish with some dried apple or a cinnamon stick (optional).

TO MAKE THE CARAMEL RIM

Dip the rim of your glasses into caramel sauce, then into cinnamon sugar. This step is optional but delicious! To make your own cinnamon sugar, mix 8 parts sugar to 1 part cinnamon (eg 4 teaspoons sugar to ½ teaspoon cinnamon).

Pomegranate Cinnamon Mocktail

This easy recipe has a beautiful combination of juicy pomegranate, warming cinnamon and a touch of maple. It's also antioxidant rich and nourishing...cheers to that!



Ingredients

- 4 oz (120 ml) pomegranate juice (sub with cranberry)
- 2 oz (60 ml) chilled cinnamon tea (see Tips)
- 1 oz (30 ml) orange juice
- ½ oz (15 ml) maple syrup
- ⅓ cup soda water (optional)
- Cinnamon sticks, pomegranate arils and/or citrus to garnish

Method

Add pomegranate juice, cinnamon tea, orange juice and maple syrup to your shaker. Add 2-3 cubes of ice, replace the lid and shake well. Strain over fresh ice. For the sparkling version, top with soda water and stir gently. Garnish and serve.

Tips

I made this recipe with cinnamon tea, because I love the health benefits and it has zero sugar. You can replace this with 1 oz cinnamon syrup if you wish.

5 Minute Pear Mocktails

A luscious rosemary, pear and ginger combination, perfectly balance with lemon and maple, that comes together in less than 5 minutes.



Ingredients

- 1 sprig rosemary
 - 3 oz (90 ml) pear juice
 - 1 oz (30ml) lemon juice
 - 1 teaspoon maple syrup (or more to taste)
 - Top with ginger beer or ale
- Optional garnish: pear slice and rosemary

Method

Place rosemary in a shaker and gently press down with a muddler several times to crush the leaves slightly. Add the pear juice, lemon juice and maple syrup. Add some ice, replace the lid and shake. Strain over fresh ice and top with your choice of mixer. Garnish if you wish

Tips

Replace the ginger ale/beer with sparkling water for a lower sugar option if you wish.

White Sangria Mocktail

A sangria that can be made in minutes then put aside until your guests arrive. With a beautiful flavor combination of white wine (or alternative), apple, citrus and spices, this is a batch mocktail you'll want to make again and again.

Ingredients

- 1 bottle non-alcoholic white wine (or white grape juice)
- 1 cup apple cider (or cloudy apple juice)
- ¼ cup lemon juice
- 1 sliced apple
- 1 sliced blood orange (or regular orange)
- 3 cinnamon sticks (plus more for optional garnish)
- 2 star anise (plus more for optional garnish)
- Some maple syrup to sweeten if needed (or your choice of sweetener)

Method

Place the wine (or alternative), apple cider, lemon juice, fruit and spices into a pitcher and place in the fridge to infuse for at least one hour. Just before serving, taste the Sangria. To sweeten, add a tablespoon of maple syrup if needed. Stir, then taste again. Repeat until it's just the way you like it. Fill your glass with ice, add some extra fruit and spices, then serve.

Note: I prefer using non-alc white wine for this recipe but you can use white grape juice if you wish.



WINTER

Winter Flavor Pairing Chart

On the left, you'll find my favorite star ingredients for winter - rich, warming, and a little more indulgent. On the right, I've listed flavors that pair beautifully with each one. Use this as inspiration rather than a recipe - you wouldn't add everything from the "Best Pairings" column. Instead, choose one or two to complement your star ingredient and create your own cozy, winter-ready combinations.

Star Ingredient

Best Pairings

Cranberry	Orange, cinnamon, apple, ginger, maple, clove
Orange	Clove, cinnamon, cranberry, chocolate, ginger, star anise
Pomegranate	Orange, ginger, honey, lemon, cinnamon, maple
Chocolate / Cocoa	Peppermint, orange, vanilla, hazelnut, coffee, cherry
Peppermint	Chocolate, vanilla, coffee, cocoa, coconut
Spiced Tea / Chai	Vanilla, honey, orange, milk, cinnamon, cardamom
Caramel / Toffee	Apple, coffee, chocolate, vanilla, pear, hazelnut

Perfect Paloma Mocktails

Juicy, tart and perfectly delicious, these **paloma mocktails** are simple to make and can be ready in less than 5 minutes. I went through a LOT of grapefruit to get this recipe just right, and the result is a virgin paloma with the ideal balance of bitter, salty and sweet - enjoy!

Ingredients

- 2 oz (60 ml) grapefruit juice
- 1 oz (30 ml) lime juice (squeezed fresh is best)
- ½ ounce maple syrup
- ¼ teaspoon apple cider vinegar (or non-alcoholic tequila)
- Pinch of sea salt
- ½ cup plain or grapefruit soda (for fizzy option)
- Salt or Tajin for rim (optional)

Method

Add grapefruit juice and lime juice to the shaker or mason jar. Add sweetener of choice, apple cider vinegar or tequila and a pinch of sea salt. Add ice and shake for around 15-20 seconds.

Strain over fresh ice into a short tumbler. For a sparkling version, top with grapefruit or plain soda, then stir gently. Garnish with your choice of fresh grapefruit, lime or both.

*some links are affiliate links

Ginger Beer Mocktail

This ginger beer mocktail is spicy and sweet and perfect for those who love bold flavors. It's fast and fun to make, and perfect for a barbecue, dinner party, or when you're just looking for a refreshing drink with a bit of a kick.

Ingredients

- 6-8 mint leaves
- 1 pinch salt
- 1 tablespoon lime juice
- 2 oz (60 ml) pineapple juice
- $\frac{3}{4}$ cup ginger beer
- 1.2 teaspoon apple cider vinegar (optional)

Method

Clap the mint in your hands a few times until they smell minty. Add mint, salt and lime juice to your glass and gently press a few times with your muddler. Add ice to the glass, then pour in the pineapple juice and apple cider vinegar (if using) and stir well. Add the ginger beer, stir gently and garnish with pineapple and/or mint.

tip

Don't over muddle the mint, this can make it taste bitter. A few gentle presses is all you need!

*some links are affiliate links

Virgin Bloody Mary Drink

An easy, healthy Virgin Bloody Mary drink recipe, perfect for pregnancy and non-drinkers. Packed with nutrients and tastes great.



Ingredients

- 1 cup tomato juice
- 1 tablespoon dill pickle juice
- 2-5 dashes Tabasco
- 2 dashes Worcestershire sauce
- 1 tablespoon lime juice
- ½ teaspoon celery salt

Method

Add all ingredients to your choice of glass and stir well. Add lots of ice and garnish with a combination of celery, pickles, pickled onions, olives and lime.

Sparkling Hibiscus Sangria Mocktail

This combines vibrant hibiscus tea, fresh fruit, and bubbly fizz for a drink that looks as good as it tastes. It's a beautiful, fruity, and refreshing batch mocktail that's perfect for celebrations and gatherings.



Ingredients

- 1 orange (sliced)
- 4 strawberries (sliced, plus more for garnish)
- 2 tablespoons maple syrup
- 3 cups fruity non-alcoholic red wine or alternative (see 'tip')
- 2 cups chilled hibiscus tea
- 1 cup sparkling lemon mineral water or ginger beer

Method

Muddle the orange, strawberries, and maple syrup in a pitcher or small punch bowl. Add the wine and leave to infuse for about an hour. When you're ready to serve, add ice, hibiscus tea and mineral water or ginger beer. Stir gently and serve over ice. Garnish with fresh fruit and edible flowers.

tip

Prefer to skip the wine? Try a red grape or pomegranate juice. You probably won't need the sweetener if using the juice, but I'll leave that up to your tastebuds!

*some links are affiliate links

Matcha Mocktail

Bursting with antioxidants, this simple green mocktail with matcha is designed to give you an energy boost. With a delicious combination of matcha, mint, pineapple and a dash of coconut, it's equal parts tropical, fruity and nourishing.



Ingredients

- 1 teaspoon matcha powder
- ½ teaspoon honey
- 7 mint leaves
- 3 oz (90 ml) pineapple juice
- 1 oz (30 ml) coconut water (can replace with pineapple juice)
- 1 oz lemon juice
- 2 oz (60 ml) soda water (optional)

Method

Whisk the matcha and boiling water together in a small bowl. Add the honey and stir until the honey is dissolved. Set aside to cool.

Add the matcha mixture to your shaker. Clap the mint together in your hands a few times and add to the mixture. Add the pineapple juice, coconut water, lemon juice and a few cubes of ice, replace the lid and shake well to combine. Strain over ice. You can leave as is or add a little soda water and stir if you prefer bubbles. Garnish and serve.

*some links are affiliate links



SPRING

A vibrant graphic featuring a background of pink cherry blossoms against a clear blue sky. In the center, a white rectangular box contains the word "SPRING" in a bold, blue, sans-serif font. Surrounding the text are several light gray icons, including a sun, a pencil, a pen, a compass, a ruler, and various geometric shapes like triangles and circles, all arranged in a circular pattern.

Spring Flavor Pairing Chart

On the left, you'll find my favorite star ingredients for spring - light, fresh, and full of floral, citrusy notes. On the right, I've listed flavors that pair beautifully with each one. Think of it as inspiration rather than a recipe - you wouldn't add everything from the "Best Pairings" column. Instead, choose one or two to complement your star ingredient and create your own bright, spring-inspired combinations.



Star Ingredient

Best Pairings



Strawberry	Basil, mint, lemon, lime, vanilla, honey, rhubarb, rose, coconut, white tea
Raspberry	Lemon, lime, rose, hibiscus, vanilla, honey, white tea, chocolate, coconut
Citrus (Lemon/Lime/Orange)	Mint, basil, ginger, cardamom, honey, agave, berries, elderflower, orange blossom
Pineapple	Coconut, lime, mint, ginger, passionfruit, turmeric
Mango	Lime, chili, coconut, passionfruit, ginger, turmeric, vanilla
Floral (Rose/Lavender/Elderflower)	Lemon, vanilla, honey, berries, coconut, white tea

Floral Spring Sangria

I love this recipe because it SO simple and the perfect balance of floral and citrus. It's also incredibly versatile and you can adapt it to whatever you have on hand.



Ingredients

- 1 bottle non-alc dry white wine
- 1/4 - 1/2 cup elderflower cordial or syrup
- 1 cup pineapple juice
- 2 sliced citrus fruits of your choice
- 1/2 cup sliced berries
- Optional: edible flowers for garnish

Method

Add citrus to a pitcher. Muddle gently to release the juices. Fill the pitcher with ice and add the elderflower, pineapple juice and wine. Stir gently then taste. Adjust by adding more elderflower, juice or some sweetener of your choice if you need to. When it's just the way you like it, add the strawberries and edible flowers..

Serve over ice in wine glasses with some extra fruit and edible flowers. If you love bubbles, top with a little sparkling water.

tip

I personally love the Giesen 0% Sauvignon Blanc for this recipe, but any dry-ish white will work. If you use a sweeter wine, you might need less elderflower syrup or cordial.

Margarita Mocktails

Just 5 minutes and a quick shake is all you need to create a virgin margarita mocktail that is the ideal balance of tart, salty and sweet.

Ingredients

- 1 oz (30 ml) lime juice
- 1 oz (30 ml) grapefruit juice (see 'Tips')
- 1 oz (30 ml) orange juice
- 4 oz (120 ml) lime sparkling water
- .5 oz (15 ml) agave
- 1 oz (30 ml) alc-free tequila* (see 'Tips')
- Salt for rim and fresh lime to garnish

Method

Place all ingredients except the garnishes into a shaker with 3-4 cubes of ice. Shake for 15-20 seconds then strain into your glass over fresh ice. Garnish with fresh lime and serve.

Tips

Replace the grapefruit juice with half lime, half orange juice if you wish. Non-alcoholic tequila is optional but elevates this recipe.

*some links are affiliate links

Hibiscus Rose Spritz

This low sugar, antioxidant rich mocktail with hibiscus, rose and orange is perfect for any season and only take minutes to assemble.



Ingredients

- 3 oz chilled hibiscus tea (see 'Tips')
- ½-1 teaspoon sweetener of choice (see 'Tips')
- 1 oz orange juice
- ¼ teaspoon rosewater
- Top with sparkling water or non-alcoholic rosé (see next page for my faves!)

Method

Prepare your hibiscus tea according to packet instructions. While the tea is still warm, add your sweetener and stir. Set aside to chill. Fill a wine glass with ice and add the hibiscus tea and orange juice. Add the rose water, then top with sparkling water or alcohol-free rosé. Stir and serve.

Tips

Double strength tea tastes best, so double the amount of tea leaves listed on the packet.

Maple syrup is my choice of sweetener for this recipe.

Cucumber Elderflower Spritz

With a perfect balance of crisp, fresh and sweet, this easy cucumber mocktail with lime and elderflower can be made in less than 5 minutes.



Ingredients

- 2 oz cucumber juice
- ½ - 1 oz elderflower syrup or cordial
- 1 oz lime juice
- ½ cup dry sparkling wine or soda water
- Cucumber ribbon and/or edible flowers to garnish

Method

Fill your wine glass to the brim with ice then add the elderflower syrup or cordial.

Add the cucumber juice and lime juice.

Gently pour in the non-alcoholic wine (or soda) and stir, being careful not too disturb the lovely bubbles too much!

Add your optional garnish and serve.

Tips

If you don't have a juicer, blend 2 inches of cucumber with 2 tablespoons of water and strain. I find it easiest to use a small blender or handheld blender. Push down on the cucumber flesh with your fingers or the back of spoon to extract every nutritious drop.

Strawberry Mojitos

If you're looking for a sweet and fruity mojito recipe, then my strawberry mojito mocktail is for you. Unlike its tangy cousin, this mojito recipe makes the most of juicy fresh strawberries



Ingredients

- 3 strawberries, sliced
- 10 mint leaves
- 1 tablespoon lime juice
- 1 teaspoon sugar or sweetener of choice
- 1 cup soda water
- Extra mint and strawberries to for garnish

Method

Muddle strawberries and sugar/sweetener in a glass to release the juices. Add the lime juice and stir to combine.

Clap the mint together in your hands to release the scent and add to the glass.

Fill the glass with ice and add soda water.

Stir to combine.

Garnish and serve.

Tips

Try to get the strawberry pieces small enough to fit through a straw.

A festive holiday-themed background featuring a wooden surface with a glass of red mocktail, a pomegranate, cinnamon sticks, and red berries. A white rectangular box with a floral pattern is centered over the image, containing the text "HOLIDAY MOCKTAILS" in red. The background is decorated with greenery, red berries, and a glass of red mocktail with a slice of orange and a cinnamon stick. A pomegranate is open in the foreground, and a glass of red mocktail with a slice of orange and a cinnamon stick is visible on the right. The overall scene is warm and inviting, with a focus on natural ingredients and holiday decorations.

HOLIDAY MOCKTAILS

Merry Mojito Mocktail

I LOVE mojitos because they can be made right in the glass, saving time AND washing up - winning! This merry twist on a classic mojito is perfect for one or a crowd.



Ingredients

- ½ lime, cut into 4 pieces
- 6-8 mint leaves
- 1 oz (30 ml) non-alcoholic rum (this can be left out, or you can use 1/2 teaspoon apple cider vinegar for a little bite)
- 2 oz (60 ml) pomegranate (or cranberry!) juice
- Soda water
- Pomegranate and mint to garnish

Method

Muddle the lime in your glass to release the juices. Clap the mint together in your hands and add it to the glass. If you're using a sweetener, add it now.

Fill your glass with ice and add the optional rum/ACV and the pomegranate juice. Top with soda water, stir gently, garnish with pomegranate arils and mint, then serve.

1 Minute Christmas Mimosas

If you're looking for an easy mocktail, you've found it. These simple virgin Christmas mimosas take just minutes to make and are perfect for a crowd.



Ingredients

- 2 parts non alcoholic sparkling wine or alternative (see note)
- 1 part cranberry juice
- 1 rosemary sprig or cranberries to garnish

Method

Pour 2 parts wine and 1 part cranberry juice into a champagne flute and garnish with rosemary and/or cranberries. Serve immediately.

Tips + Tricks

Replace the cranberry with pomegranate juice.

You can sub the non-alcoholic sparkling wine with sparkling grape or apple juice if you wish

The Perfect Gift!



Searching for the perfect holiday gift?
My book, *The Mindful Mocktail*, is packed with simple, delicious, alcohol-free drinks...it's a beautiful way to say 'cheers' to someone you love!



I WANT THIS!

Apple Cider Mocktails

These easy apple cider mocktails are quick to make and divine to sip. With a glorious combination of apple, orange, maple, and ginger, this tasty non-alcoholic cocktail requires just minutes of your time.



Ingredients

- 3 oz (90 ml) apple cider
- 1 oz (30 ml) orange juice
- 1 oz (30 ml) lemon juice
- ½ - 1 teaspoon maple syrup (optional)
- ¼ teaspoon apple cider vinegar
- ½ cup ginger beer or kombucha
- Optional garnishes: brown sugar and cinnamon for rim, apple slices and/or cinnamon stick.

Method

Add apple cider, orange juice, lemon juice, optional maple syrup and apple cider vinegar to a shaker with some ice and shake for 20 seconds. Strain over fresh ice and top with kombucha or ginger beer. Stir and garnish.

To create the optional rim

Mix 1 tsp sugar and a pinch of cinnamon with your fingers or a small spoon. Moisten the rim with a lemon wedge or maple syrup and gently dip the rim into the mixture. Shake off excess.

Apple Cider Sangria

Fruity and delicious with just a few ingredients, you'll be sipping on this simple sangria punch in minutes. It can even be made in advance for guests.



Ingredients

- 1 bottle non-alcoholic white wine (or alternative - see note 1)
- 2 cups apple cider
- 1 cup pear juice (optional)
- 2 cups ginger beer
- 1 pear, sliced
- 1 orange, sliced
- 1 apple, sliced
- 2 cinnamon sticks
- 2 tablespoon maple syrup
- Extra fruit and rosemary sprigs to serve.

Method

Add the non-alcoholic white wine, apple cider and pear juice to a pitcher or small punch bowl. Add your fruit and cinnamon sticks to the pitcher and stir. Taste the sangria and add some maple syrup if you wish. If you want to serve immediately, you can go to the next step. Alternatively, you can place the pitcher in the fridge to leave the fruit to infuse for an hour or two. Add the ginger beer, stir gently and serve over ice with some extra fruit and rosemary sprigs to garnish.

The Grinch Mocktail

With a delicious combination of apple, cucumber, lemon and your choice of mixer, these green Grinch apple mocktails are glorious to drink AND to look at!




Ingredients

- 3 oz (90 ml) apple cucumber juice (method below)
- 1 oz (30 ml) lemon juice
- ½ teaspoon maple syrup
- 6 mint leaves
- Mixer-I love non-alc sparkling wine, ginger kombucha or ginger beer
- Optional garnishes: cranberries, mint, lime wheel and/or a green apple and sugar rim


Method

Add the lemon juice to your shaker. Clap the mint together in your hands then add to the shaker along with the apple cucumber juice. Add some ice to the shaker, replace the lid and shaker well for about 10-15 seconds. Strain into a glass over ice and top with your choice of mixer. Stir, garnish and enjoy!

To make the apple cucumber juice, blend ½ diced apple and 2 inches cucumber with 4 tablespoons water, then strain. Add more water if you need to, to help facilitate blending.



BONUS



Holiday Syrups

Cranberry Syrup

- 1 cup sugar
- 1 cup water
- 2 cups cranberries

Heat all ingredients over medium heat until simmering. Reduce the heat to low and simmer for 20-25 minutes. Strain the mixture, pressing down on the cranberries to extract all the juices. Cool.

Cinnamon Syrup

- 1 cup sugar
- 1 cup water
- 2-3 cinnamon sticks

Heat all ingredients over medium heat until simmering. Reduce the heat to low and simmer for 10 minutes. Turn off the heat and allow the mixture to steep and cool before straining the cinnamon.

Ginger Syrup

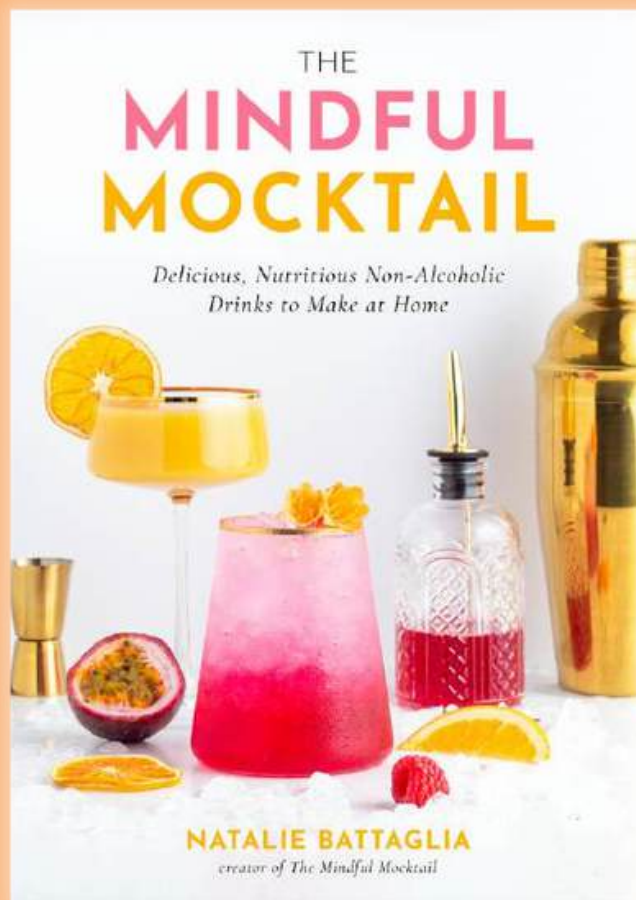
- 1 cup sugar
- 1 cup water
- 2 thumbs ginger root, peeled + roughly chopped

Heat all ingredients over medium heat until simmering. Reduce the heat to low and simmer for 15 minutes. Turn off the heat and allow the mixture to steep and cool before straining the ginger.

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