Apple Ginger Mocktail

Serves 1

Ingredients

- 90 mls still apple cider
- 30 mls freshly squeezed lime juice
- 6 mint leaves
- 1 tsp apple cider vinegar
- Pinch powdered cinnamon
- 90 mls ginger ale

Instructions

- Place apple cider, lime juice, cinnamon, apple cider vinegar and a few ice cubes into a cocktail shaker. If you don't have a shaker, anything with a tight lid will work, such as a mason jar or drink bottle.
- Clap the mint together in your hands to release the scent, and add to the shaker. Shake for about 20-30 seconds until ingredients are combined.
- Pour into an ice filled glass and top with ginger ale.
- Stir gently, garnish with mint (finely sliced), dried citrus or a cinnamon stick, and serve.

Ginger-Thyme Sparkling Lemonade

Servings: 12

Ingredients

- 2 cups water
- ⅔ cup honey
- 12 sprigs fresh thyme, plus more for garnish
- 3 tablespoons finely chopped fresh ginger
- 2 tablespoons lemon zest
- ¾ cup lemon juice
- 2 liters cold plain sparkling or still water

Directions

1. Combine water, honey, thyme and ginger in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to maintain a simmer and cook for 5 minutes. Remove from heat; stir in lemon zest and lemon juice. Let steep for 20 minutes.
2. Strain the mixture through a fine-mesh sieve into a medium bowl. (Discard the solids.) Refrigerate until cold, about 2 hours or up to 5 days.
3. To make each drink, combine 1/4 cup of the lemon mixture with 1/2 cup sparkling (or still) water and garnish with a thyme sprig, if desired.

To make ahead:

Prepare through Step 2 and refrigerate for up to 5 days.

Mojito Mocktail

Serves 1

Ingredients

- 2 Tbsp. mint fresh
- 1 Tbsp. cane sugar
- 2 lime wedges
- 1 cup sparkling water
- 2 ice cubes

Instructions

1. In a large glass combine mint with sugar and 2 lime wedges. Using muddler or large spoon crush/muddle the lime and mint. Mix together, sugar will start to dissolve.

2. Add sparkling water and ice cubes.

Sparkling Cranberry Kombucha Mocktail

Servings: 4

INGREDIENTS

- 2 bottles kombucha of choice *(such as ginger, cranberry, or original/unflavoured)*
- ½ cup 100% cranberry juice
- 2.5cm slice of fresh ginger, thinly sliced, plus more for garnish
- 1 large sprig of fresh rosemary, plus more for garnish
- Fresh cranberries, rosemary sprigs, and thinly sliced ginger for garnish

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INSTRUCTIONS

1. Fill 4 double old-fashioned glasses with ice and set aside.
2. In a pitcher (jug), muddle sliced ginger and rosemary together using the end of a wooden spoon or a muddler if you have one.
3. Add cranberry juice and kombucha, stir gently to combine.
4. Pour into ice-filled glasses (using a strainer, if necessary) and garnish with sprigs of rosemary, a slice of fresh ginger, and a few cranberries before serving.

Sugar-Free Grapefruit Ginger Mocktail

Serves 2

Equipment

- 2 Champagne flutes optional of course, but fun to sip bubbles in style!

Ingredients

- 1 cup pure pink grapefruit juice chilled, not from concentrate
- 1 cup ginger ale chilled, sweetened with Stevia
- 1 teaspoon organic ginger juice
- 2 slices fresh grapefruit or Cara Cara orange for garnish

Instructions

Add equal parts of grapefruit juice and ginger ale to a chilled glass. Add a splash of organic ginger juice. Garnish with a wedge of grapefruit or orange and serve.

Lemon Mocktail

Serves 1

Ingredients

- 1 Tablespoon of fresh lemon juice
- 2 lemon rounds
- 1 teaspoon of honey (optional- see note)
- 6-8 fresh mint leaves
- Half a cup of coconut water (no sugar added eg. Spar Coconut water)
- Half a cup of Soda water

Instructions

- Muddle lemon, mint and honey in a glass.
- Add lots of ice, then top with coconut water and sparkling water.
- Stir gently, garnish and serve.

Notes

You might find the coconut water is sweet enough, and no honey is needed.

Virgin Strawberry Daiquiri

Servings: 1

Ingredients

2 cups of frozen Strawberries (Unsweetened)

¼ cup of fresh Lime Juice

¼ cup of powdered Monk Fruit Sweetener (or add Sucralose to sweeten)

½ cup of Water (Divided: quarter cup for Simple Syrup, quarter cup to adjust consistency)

6–8 large Ice Cubes

Optional garnish: **fresh Strawberries and Lime Wheels**

Instructions

1) In a small saucepan, combine quarter cup of powdered Monk Fruit Sweetener and quarter cup of Water. Heat over medium heat for 3-4 minutes until the Sweetener dissolves completely. Remove from heat and let it cool.

2) In a high-powered blender, add the frozen Strawberries, fresh Lime Juice, and quarter cup of the cooled sugar-free Simple Syrup.

3) Drop in the Ice Cubes a few at a time. Blend on high speed until thick and slushy. If the mixture is too thick to move, add the remaining quarter cup of Water a little at a time.

4) Stop the blender, taste for sweetness, and mix in a little extra Sweetener if desired. Pour into chilled glasses, garnish with a Lime Wheel or fresh Strawberry, and serve immediately.

Non-Alcohol Margarita

Servings: 1

Serving Size: 1 Drink (approx. 240 ml

Ingredients:

30ml of fresh Lime Juice (about 1 large Lime)

30ml of Non-Alcoholic Tequila alternative (such as Ritual) or unsweetened Coconut Water

1.25ml (¼ tsp) of Orange Extract

5ml (1 tsp) of powdered Monk Fruit Sweetener (Add some Sucralose or 2–3 drops liquid Stevia, to taste)

90-120ml of chilled Sparkling Water

Coarse Salt or Tajín for the glass rim

Ice Cubes and a Lime Wheel for garnish

Instructions

1) Run a lime wedge around the edge of a short rocks glass, then dip the rim into coarse salt or chile-lime seasoning. Fill the glass with fresh ice cubes.

2) In a cocktail shaker with Ice, combine the 30ml of fresh Lime Juice, 30ml of Non-Alcoholic Tequila alternative, 1.25ml of Orange Extract, and 5ml of Monk Fruit Sweetener. Shake vigorously for 15 seconds.

3) Strain the mixture into your prepared salt-rimmed glass over Ice. Top gently with 90-120ml of chilled Sparkling Water or Club Soda.

4) Add a fresh Lime Wheel and serve immediately.

Virgin Margarita Mocktail

Servings: 1

Ingredients

30ml of Lime Juice, freshly squeezed or bottled

30ml of Grapefruit Juice

30ml of Orange Juice, freshly squeezed or bottled

120ml of Lime Sparkling Water

15ml of Agave (or Add Sucralose or 2–3 drops liquid Stevia, to taste)

30ml of Alcohol-Free Tequila (optional)

Fresh Lime to garnish

Instructions

1) To create the optional salt rim, place a ½ teaspoon of Salt into a shallow dish. Run a Lime Wedge around the rim of your glass and press gently into the Salt. Shake off any excess.

2) Place Lime Juice, Orange Juice, Grapefruit Juice (optional), Non-Alcoholic Tequila (optional) and Agave into a shaker with 3-4 cubes of Ice. Shake for 15-20 seconds then strain into your glass over fresh Ice. Leave as is, or for a sparkling version top with your Lime Sparkling Water.

3) Garnish with fresh Lime and serve.

Non-Alcohol Paloma Mocktail

Servings: 1

Ingredients

60ml of Grapefruit Juice

30ml of Lime Juice (squeezed fresh is best)

15ml of Maple Syrup

¼ teaspoon of Apple Cider Vinegar

Pinch of Sea Salt

½Cup of plain Soda or Grapefruit Soda

Salt or Tajin for rim (optional)

Instructions

1) To make the optional rim: pour a small amount of Salt or Tajin on a shallow plate. Run a Lime or Grapefruit Wedge along the outside of the glass. Dip the moistened rim into the Salt or Tajin and press gently.

2) Pour the Grapefruit Juice and Lime Juice into your shaker. If you don't have a shaker, use a mason jar or drink bottle—anything with a tight lid will work.

3) Add the Maple Syrup, Apple Cider Vinegar and pinch of Sea Salt, along with 3-4 cubes of Ice. Replace the lid and shake for about 15-20 seconds until the shaker is cold and the ingredients are well combined.

4) Strain over fresh Ice into a tumbler and top with Soda if you wish.

5) Garnish and serve.

Virgin Coconut Water Mocktail

Servings: 1

Ingredients

90ml of Coconut Water (no added sugar eg. Spar Coconut water)

60ml of Orange Juice (freshly squeezed is best)

15ml of Lemon Juice

½ teaspoon of Apple Cider Vinegar

1 teaspoon of Honey

Dehydrated Citrus for garnish (optional)

Tajin for rim (optional)

Instructions

1) Place Coconut Water, Orange Juice, Lemon Juice, Apple Cider Vinegar or alternative and Honey in a shaker with some Ice. Shake for about 10-15 seconds.

2) Fill your glass with Ice and strain the mixture in. Garnish with optional dehydrated Citrus and serve.

Virgin Mango Mocktail

Servings: 1

Ingredients

1½ cups of frozen Mango

½ cup of Pineapple Juice (substitute for extra Coconut Water)

½ cup of Coconut Water (substitute for extra Pineapple Juice) (no added sugar eg. Spar Coconut water)

2 Tablespoons of Cream of Coconut (coconut cream)

¼ cup of Lime Juice

2 Tablespoons of unsweetened Condensed Milk

½ teaspoon of Turmeric Powder (optional)

60ml of Non-Alcoholic Rum (optional)

Coconut for rim (optional)

Lime Wheel, Pineapple or Cherries to garnish (optional)

Instructions

Blend all ingredients together until silky and smooth. Pour into your glass and garnish.

Virgin Mango Margarita

Servings: 1

Ingredients

½ cup of frozen Mango

¾ cup of Coconut Water (no added sugar eg. Spar Coconut water)

Juice of 1 Lime

Instructions

1) Blend Mango, Coconut Water, and Lime in a high-speed blender.

2) Serve in salt-rimmed glasses and garnish with a Lime Wheel.

Virgin Pineapple Crush Mocktail

Servings: 1

Ingredients

1 Cup of Pineapple

1 Cup of Coconut Water (no added sugar eg. Spar Coconut water)

10 Mint Leaves

1 Lime

Instructions

1) Blend all ingredients together in a high-speed blender.

2) Garnish and serve.

Virgin Pina-Colada Punch

Servings: 1

Ingredients

1 Cup of Pineapple

1 Cup of Coconut Water (no added sugar eg. Spar Coconut water)

10 Mint Leaves

1 Lime

Instructions

1) Blend all ingredients together in a high-speed blender.

2) Garnish and serve.

Piña Colada Mocktail

Servings: 1

Ingredients

1 Cup of frozen Pineapple Chunks

⅓ Cup of Coconut Cream

½ Cup of Pineapple Juice

30ml Non-Alcoholic Rum (optional)

Instructions

1) Place all ingredients in a blender and blend until smooth.

2) Pour into a glass, garnish with a Pineapple Wedge and serve immediately.