

Mocktail and Non-alcoholic Drink Recipes

(These are not exact recipes, but a list with ingredients to give you ideas about what you can make. Experiment and try some!)

Agua Fresca - fruit blended with water, lime juice, and sweetener.

Banana shrub - banana peel, peanuts, brown sugar, vinegar. Mix, let it sit for 2 days or more, then strain. Add club soda and sweeten to taste.

Boba Tea - Black tea, brown sugar syrup (or maple syrup), milk (regular, oat milk, soy milk, or almond milk), tapioca pearls, and a wide straw to suck them up.

Cantaloupe (pureed), apple cider vinegar, honey, club soda, garnished with cantaloupe Chai (black tea infused w/ cinnamon, cardamom, cloves, star anise), orange, club soda

Chai New Mocktail - Oregon Chai Concentrate, cranberry Juice, POM pomegranate juice, lime juice, Ginger beer to top, garnish w/ cinnamon stick

Chili-Lime-Pineapple Soda - Pineapple & lime juices, club soda, garnish w/ chili flakes. Ginger Beer, lime juice and salt.

Hibiscus, Lemongrass, Basil, and Honey Iced Tea

Hōjichai - Hōjicha (roasted green tea) with cardamom, star anise, and cinnamon.

Kombucha (a fermented, lightly effervescent, sweetened black tea drink), with blackberries, mint leaves, and honey.

Lavender-infused simple syrup, fresh lemon juice, and a touch of grenadine.

Lavender Shrub - kumquats, peppercorns, lemongrass, balsamic vinegar. Mix, let it sit for 2 days or more, then strain. Add club soda and sweeten to taste.

Matcha Latte - Matcha (powdered green tea), hot milk & honey

Mango Mule - mango puree, nectar, or juice, ginger beer, honey syrup, fresh lime juice

Mango-Lime Spritzer - puréed mango with mint leaves, honey and lime juice

Mulled Hot Apple Cider, with allspice, nutmeg, cloves, cinnamon, and vanilla.

Mango and peach with club soda. Can also be mango & lime

Pineapple juice, fresh ginger juice, coconut water

Pomegranate Spritzers - sparkling water, pomegranate juice, and lime.

Shrub - Vinegar, sugar, and fruit - typically in a 1:1:1 proportion. Combine all three, let it sit for 2 days or more, then strain. Add club soda and sweeten to taste.

Strawberry-Ginger Limeade - Ginger, strawberries, limeade

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Alcohol Alternatives

There are some “alcohol alternatives” on the market, and more are coming. These products mimic the taste of alcohol, but have little or no alcohol in them. For regular alcohol drinkers these can be a good introduction to nonalcoholic drinks. They can also be used as a partial substitute for alcohol, mixing them half-and-half, to reduce the negative effects of alcohol while not going entirely alcohol-free

Note: Drinks which mimic alcohol can be difficult or impossible for those in recovery. And alcohol-free drinks can contain a small amount of alcohol (up to 0.5%). They aren't suitable for people in recovery, pregnant, designated drivers, etc.

Popular brands include

- Athletic Brewing Company (14 varieties of beer alternatives)
- Curious Elixirs (premixed craft mocktails)
- Free Spirits (aperitif, bourbon, gin, tequila, vermouth alternatives)
- Little Saints (premixed craft mocktails)
- Lyre (amaretto, bourbon, orange bitters, coffee liquor, gin, white rum, tequila, vermouth, whiskey alternatives, and premixed mocktails)
- Monday (bourbon whiskey, gin, mezcal, rum alternatives)
- Ritual Zero Proof (aperitif, gin, rum, tequila, whiskey alternatives)
- Spiritless - (bourbon, spiced bourbon)
- Strykk Spirits (aperitif, gin, rum, vodka, vanilla vodka alternatives)

Non-alcohol Wines

- Altina (Sansgria, Pepperberry Shiraz)
- Edenvales (Sparkling Shiraz)
- Giesen (Merlot, Pinot Gris, Sauvignon Blanc)
- Lautus (Savvy Red, Savvy White)
- Leitz Eins-Zwei (Zero Riesling)
- Lindemans (Cabernet Sauvignon)
- Next Destination (Barossa Valley Shiraz, Chardonnay)
- 1920 Non-Alcoholic (Sauvignon Blanc)
- Noughty (Rouge Syrah)
- Rock Grace (Original, Ruby and Sparkling)
- Three Spirits (elixirs and wine)
- Tread Softly (Pinot noir)