

nama®



CELEBRATE THE SEASON WITH

CLASSIC *mocktails*

A CLASSIC COLLECTION OF

HOLIDAY

mocktails



Drinks can play a big part in the holidays, and they can also help nourish you in a busy season. That's why we've created mocktail matches for some of the most classic alcoholic drinks. They taste delicious and offer comfort as the nights become colder. Best of all, these drinks have many benefits. They are rich in antioxidants and other plant nutrients that won't make you feel sluggish the next day. *This year, you can feel festive and refreshed.*

THE ART OF
MIXING
drinks

With the right balance of seasonal, plant-based ingredients and a few creative twists from artisanal salts to beautiful garnishes, these modern mocktails offer a refreshing spin on classic cocktails.



01. UPGRADE YOUR ICE

Ice is important in any mixed drink — it impacts both the presentation and the flavor of a mocktail.

A LARGE BLOCK OF ICE will melt more slowly than a smaller one, meaning it will dilute a drink at a slower pace. That's why drinks like an Old Fashioned or Negroni come with a larger block or sphere of ice. Look for special molds to help you make these.

SMALLER CUBES or crushed ice help cool drinks more quickly and work well in tropical drinks like Margaritas or juice-based drinks.

Some drinks like a Martini or a Cosmo can be shaken with small ice cubes, which help make the drink super cold and can combine flavors from juices and herbs.

02. A DASH OF BITTERS

Every at-home mocktail mixologist should always have bitters on hand. Just a few drops in a drink can help add extra flavor, dimension, and balance. Think of bitters like a liquid spice, bringing aromatic, citrusy, nutty, herbal, or other complex flavors.

Plus, they are great to sip after a meal, as bitters are beneficial for digestion. History buffs believe recipes for bitters were created in the early 1800s as a means to relieve stomach pain. These extracts are made by infusing therapeutic roots, herbs, berries, citrus peels, and other botanicals into alcohol.



03. A RIM OF SALTS



An easy way to dress up a drink is with a salted rim. To make it even more interesting, you can mix your salt or sugar with herbs and spices.

Salt not only adds a savory touch to sweeter beverages, but it also plays a vital role in helping to balance hydration, supporting nerve and muscle function, and regulating blood pressure.

Enjoy experimenting with salt rims in the mocktail recipes in this guide.

04. EFFERVESCENT BUBBLES

Bubbles make any drink feel festive. Tonic, seltzer, and club soda add the effervescence and glimmer that are similar to classic cocktails. Plus, they add an extra element of texture to your zero-proof drink.

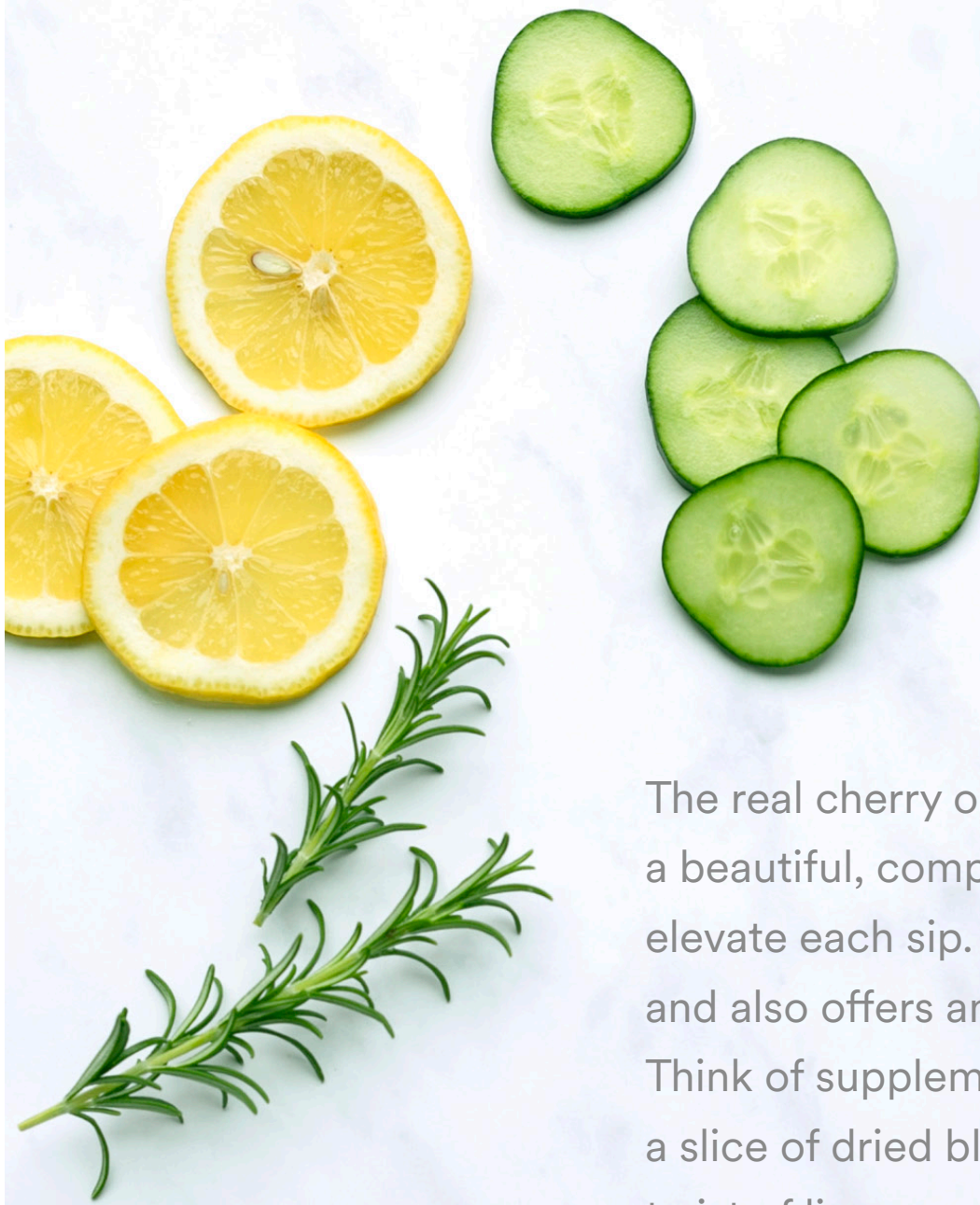


BUBBLE SIZE MATTERS

Tiny bubbles give a softer mouth feel and are more silky, like a champagne, while bigger bubbles can hold up to spirits, citrus, sugar, and ice for a cocktail or mocktail. Bubbles also need to stay cold — that's why a soda goes flat after many hours sitting on a table.

- **SPARKLING WATER** is the catch-all term for water with bubbles.
- **MINERAL WATER** is naturally carbonated due to an abundance of magnesium, calcium, sodium, potassium, or other minerals.
- **SELTZER** is man-made sparkling water crafted by adding pressurized carbon dioxide to cold water.
- **CLUB SODA** is similar to seltzer with just a few more minerals added.
- **TONIC WATER** is sweetened and infused with quinine, an alkaloid that adds a bitter flavor to the water.

05. THE ULTIMATE GARNISHES



The real cherry on top of any drink is a beautiful, complimentary garnish to elevate each sip. It adds a visual element and also offers an extra hint of flavor. Think of supplementing your drink with a slice of dried blood orange, a classic twist of lime, or a cucumber ribbon.

GARNISHES TO TRY:

Sliced Cucumber

Lemon Slices + Fresh Rosemary

Cranberries + Thyme Sprigs

Raspberries + Mint Leaves

Sliced Strawberries + Basil Leaves

Pomegranate Seeds





THE CLASSICS

mocktails + dips

01. NO-GRONI
02. PEAR BELLINI
03. APEROLESS SPRITZ
04. POM-TINI
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06. JOLLY OLD FASHIONED
07. APPLE SANGRIA
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NO-GRONI

The Negroni, a century-old classic, was born in a Florence café when Count Camillo Negroni requested a stronger version of his favorite cocktail. An essential part of Italian aperitivo culture, this bold, bittersweet drink is traditionally paired with small bites.

Makes 16 oz

INGREDIENTS

2 blood oranges, peeled
1 cup pomegranate seeds
1 grapefruit, peeled
1/4 teaspoon ground cardamom
4-6 drops orange bitters

GARNISH

Orange twist
Large ice cube
Rosemary sprig



DIRECTIONS

Add the oranges, pomegranate seeds, and grapefruit to the juicer and juice.

Stir in ground cardamom and orange bitters.

Serve over a large ice cube and garnish with an orange twist and rosemary sprig.



BLOOD ORANGE is a citrus fruit with a bold, bright color full of antioxidants, vitamins, and minerals. It has a sweet, tart, and tangy flavor, while also boasting a high amount of vitamin C, potassium, and folate.

PEAR BELLINI

This cocktail is named after the Italian Renaissance painter Giovanni Bellini, as the drink's pink hue from the peaches was reminiscent of the colors in his paintings. This updated version utilizes pears and vanilla for an equally light, refreshing, and slightly sweet, green drink.

Makes 16 oz

INGREDIENTS

2 pears
2 romaine lettuce leaves
1/2 jicama or 1 green apple
1 cup green grapes
2 sage leaves
1 drop vanilla extract, optional
Splash of club soda

GARNISH

Sage leaf
Cinnamon sprinkle

DIRECTIONS

Add the pears, lettuce, jicama or apple, grapes, and sage to the juicer and juice. Stir in the drop of vanilla if using. Pour into a champagne glass and top with a splash of club soda. Garnish with a sage leaf and sprinkle of cinnamon.



PEARS contain soluble fiber that remains when you juice them, which helps satiate you, helping you feel fuller for longer.

APEROLESS SPRITZ

This effervescent aperitif mocktail is an Italian classic with a vibrant orange hue. In this equally delicious version, fresh oranges, grapefruit, and green grapes combine with orange bitters and club soda.

Makes 16 oz

INGREDIENTS

2 oranges, peeled
1 grapefruit, peeled
1/2 cup green grapes
2-3 drops orange bitters
4 ounces club soda

GARNISH

Orange slice
Rosemary sprig


DIRECTIONS

Add the oranges, grapefruit, and grapes to the juicer and juice. Stir in orange bitters.

Serve over a glass of ice and top with club soda. Garnish with an orange slice and rosemary sprig.



ORANGES are naturally sweet and a good source of vitamin C. They also contain flavonoids, lycopene, and beta-carotene that supports everything from our eyes to our skin.



POMEGRANATE is a polyphenol-rich fruit with both sweet and tart flavors. Each fruit contains about 600 edible seeds inside, also known as arils, which are full of fiber, vitamin C, potassium, folate, and more.

GARNISH

Lemon twist

Pomegranate seeds

POM-TINI

This tart and tangy cocktail usually mixes vodka with red pomegranate juice. In this winter mocktail, the pomegranate combines with orange, limes, cucumber, and ginger to achieve a flavorful drink.

Makes 16 oz

INGREDIENTS

1 cup pomegranate seeds

1 orange, peeled

2 limes, peeled

1/2 cucumber, peeled

1-inch piece ginger

DIRECTIONS

Add the pomegranate, orange, limes, cucumber, and ginger to the juicer and juice.

Add to a cocktail shaker with ice and shake until cold.

Strain into a martini glass. Garnish with a lemon twist and a few pomegranate seeds.

FRENCH FIZZ 75

The French 75, a cocktail that originated during World War I, packs a punch as powerful as the French 75mm field gun it is named after. Originally known for its sharp kick, this sparkling cocktail has evolved into a symbol of sophistication, often present at elegant dinner parties and celebrations.

Makes 16 oz

INGREDIENTS

2 bags of white tea
5 ounces boiling water
1 cup green grapes
1 lemon, peeled
1/2 teaspoon vanilla extract
Sparkling water

GARNISH

Lemon twist



DIRECTIONS

Brew tea bags in boiling water for 1-2 minutes. Remove tea bags and refrigerate until cold.

Peel lemon. Save the peel to use as garnish.

Juice grapes and lemon and stir into cooled brewed tea along with vanilla extract.

Quarter-fill glass with juice, and top with sparkling water. Garnish with a lemon twist.

JOLLY

OLD FASHIONED

Early versions of this classic cocktail muddled fruit like cherries, oranges, and even pineapple with bourbon. This new take skips the booze but keeps the fruit and even adds a vegetable touch.

Makes 16 oz

INGREDIENTS

1 orange, peeled
1 golden beet, peeled
1 cup pitted cherries
2-3 drops orange bitters
1/4 cup black tea
Honey, to taste

GARNISH

Orange twist
Large ice cube
Cinnamon stick



DIRECTIONS

Add the orange, beet, and pitted cherries to the juicer and juice. Stir in orange bitters and cooled black tea.

Serve over a large ice cube and garnish with an orange twist and cinnamon stick.

CHERRIES get their deep red color from anthocyanins, which are powerful plant compounds with anti-inflammatory properties. They also help you sleep better because they contain melatonin, serotonin, and tryptophan.

APPLE SANGRIA

Legend has it that sangria originated in Spain as a way for peasants to enhance lower-quality wine with fresh fruits and spices. Today, sangria can highlight a variety of seasonal ingredients.



Makes: 24 oz

INGREDIENTS

2 red apples
1 green apple
2 cups red grapes
1 orange, peeled
1 lemon, peeled
1 lime, peeled
Sparkling water

GARNISH

Thin apple slice
Orange slice
Thyme sprig

DIRECTIONS


Juice red apples, grapes, orange, lemon, and lime.

Add ice cubes and sliced green apples to a large serving jug and pour in juice. Top with sparkling water. Garnish with thin apple slices, an orange slice, and thyme sprig.

APPLES offer a sweet, crisp flavor along with an important array of phytonutrients. One of the highest polyphenol compounds in apples is procyanidins, which can help restore metabolic health through positive shifts in the microbiome.



SALTED



Salt rims are a great way to add a little more depth and beauty to your drink. Simply wet the rim or side of glass with a liquid, such as citrus juice. Dip or roll the rim of the glass on a plate with the seasoning mixture. Let the rim dry before you pour the drink. **Try some of these to add a modern twist to your classic mocktails:**

SWEET + SALTY

(try on the Paloma)

Coconut Sugar + Pink Himalayan Salt +
Fresh Rosemary (finely chopped)



CITRUS SALT

(try on the Margarita)

Zest of lime or lemon + Pink Himalayan Salt

FALL-SPICED SALT

Nutmeg + Cinnamon + Sea Salt + Brown Sugar

SPICY SALT

Tajin + Lime + Sea Salt



MOCK PALOMA

This iconic tequila cocktail is the national drink of Mexico. It's a refreshingly simple drink with tequila, lime, and grapefruit. This mock version features grapefruit, lime, and a splash of tonic water for a tasty seasonal sip.

Makes 16 oz.

INGREDIENTS

2 ruby grapefruits, peeled
2 limes, peeled
1 tablespoon agave
4 ounces tonic water
Freshly ground black pepper

GARNISH

Salt rim (*Pink Himalayan sea salt + rosemary*)
1-2 wedges of lime

DIRECTIONS

Rub a lime wedge around the rim of each glass, and dip the glass into the sea salt mixture. Set aside.

Juice grapefruits and limes. Stir in agave syrup, adjust sweetness to taste.

Fill glasses with ice cubes. Half-fill each glass with juice. Top with tonic water and season with a twist of freshly cracked black pepper.



FROSTY MARGARITA

Enjoy this cool, refreshing twist on the classic Margarita. This iconic cocktail gets a winter makeover with herbs, orange, lots of lime, and a squeeze of honey.

GARNISH

Lime wedge
Spicy salt rim
Mint sprig



Makes: 16 oz

INGREDIENTS

1 cucumber
2 oranges, peeled
3 limes, peeled
1/2 cup cilantro
1/2 cup mint
1 squeeze honey
4 ounces club soda

DIRECTIONS

Add the cucumber, oranges, limes, and herbs to the juicer and juice.

Add the juices and honey to a cocktail shaker with ice and shake until cold.

Serve over a glass of ice and top with club soda. Garnish with a spicy salt rim, lime wedges, and mint sprig.

HAUTE TODDY

This classic winter cocktail is usually made with whiskey, hot water, lemon, and honey and has one purpose—to warm you from the inside out. This version is hydrating and heating thanks to the warming spices and winter fruits.

Makes: 16 oz

INGREDIENTS

2 apples

1 orange, peeled

2 lemons, peeled

Squeeze of honey

5 cloves

1 star anise

1 cinnamon stick

GARNISH

Cinnamon stick

Star anise

DIRECTIONS

Add the apples, orange, and lemons to the juicer and juice. Add the juices, honey, and spices to a small pot. Heat the juices and spices on high heat until simmering. Turn off the heat and cover. Steep for 10 minutes. Serve garnished with a cinnamon stick and star anise.

JALAPEÑO MULE

This bold and refreshing drink combines zesty lime and grapefruit with a kick of ginger and jalapeño for heat. Topped with bubbly seltzer water, it's the perfect balance of spicy, tangy, and refreshing, ideal for those who crave a drink with a little extra kick.

Makes: 16 oz

INGREDIENTS

2 limes, peeled
2 white grapefruits, peeled
1 jalapeño, seeds removed
1-inch piece fresh ginger
Handful of mint
Seltzer water

GARNISH

Lime wedge
Mint sprig

DIRECTIONS

Juice limes, grapefruits, jalapeño, ginger, and mint.

Fill four cocktail glasses with ice. Half-fill each glass with juice. Top with seltzer water.

Serve garnished with mint leaves and lime.



WINTER WIND

This recipe is inspired by the refreshing Sea Breeze, an iconic drink popular in the 1980s that featured vodka, cranberry juice, and grapefruit juice. This mocktail for wintertime uses those same juices with some lime and orange for a new healthy twist on the classic.



Makes 16 oz

INGREDIENTS

1 orange, peeled
1 grapefruit, peeled
2 limes, peeled
1/2 cup cranberries
Club soda

GARNISH

Orange slice
Cranberries

DIRECTIONS

Add the orange, grapefruit, limes, and cranberries to the juicer and juice. Add to a cocktail shaker with ice and shake until cold. Serve over a glass of ice and top with club soda. Garnish with an orange slice and cranberries.

CRUDITÉS PLATTER

Nothing is more classic than a homemade crudité platter for the holiday season—serving an array of fresh veggies with a couple of homemade dips makes for an easy, nutrient-rich addition to any holiday table.



- Plan on 4 to 6 ounces of vegetables and 1/4 cup of dip per person.
- Use multiple trays for larger parties rather than trying to fit everything on one tray.
- You can submerge raw vegetables in an ice bath to keep them hydrated and give them an extra crisp bite.
- Use seasonal, fresh foods like broccoli, carrots, cauliflower, green beans, parsnips, radicchio, cooked potatoes, or turnips. You can lightly steam or cook some veggies, too.
- It's okay to have both long and short cuts of the same foods. Quarter or half some vegetables to see the gradient. Don't be afraid to leave tops on carrots or parsnips.

VEGAN FRENCH ONION LEEK DIP

Leeks and onions offer big flavors and incredible nutrition. Leeks are a great source of polyphenols, vitamins K, B6, and C, and folate, while onions have vitamin C, folate, potassium, and healthy soluble fibers called fructans, which help feed beneficial bacteria in your gut. Replacing sour cream with white beans also adds more fiber and protein to this dip. A serving of white beans (1/2 cup) has 8 grams of fiber and 7 grams of plant protein.



4-6 Servings

INGREDIENTS

3 tablespoons olive oil

1 onion, sliced

1 leek, sliced

2 sprigs fresh thyme

15-ounce can white beans,
drained and rinsed
(*Great Northern or cannellini*)

1/2 lemon, juiced

1 teaspoon dried onion powder

1 teaspoon garlic powder

1 teaspoon dried parsley
(*or 1 tablespoon fresh parsley*)

1/4 teaspoon sea salt

1/4 teaspoon black pepper



FRENCH ONION *twist*

DIRECTIONS

01. In a large skillet, add 1-2 tablespoons olive oil. Cook onion, leek, and thyme over low to medium heat for about 10 minutes or until tender, stirring occasionally. Add 1-2 tablespoons of water at a time to help prevent sticking. Remove and discard thyme. Transfer onion and leeks to a bowl to let cool.
02. In a high-speed blender, like the Nama C2, add 1 tablespoon olive oil, white beans, lemon juice, and dried spices, plus half the onion and leek mixture. Blend to combine for 1 minute. Stir the mixture into the bowl with the whole onion and leeks. Serve warm or cover and chill until ready to serve.

CREAMY GREEN DIP

Need something to do with your leftover green juice pulp? Try incorporating it into a delicious, nourishing recipe like this Creamy Green Dip. Using leftover pulp not only cuts down on waste but also gives dips an extra boost of nutrition.

Makes 2 cups

INGREDIENTS

15-ounce can chickpeas,
drained and rinsed
1/3 cup parsley, chopped
2 cloves garlic, chopped
3/4 cup green juice pulp
(kale, spinach, and cucumber)
1 teaspoon ground cumin
1 teaspoon sea salt
2 tablespoons lemon juice
3 tablespoons olive oil
1/3 cup plain Greek yogurt

DIRECTIONS

01. Process chickpeas, parsley, and garlic together in a in a high-speed blender, like the Nama C2, until coarsely chopped.
02. Add pulp, cumin, salt, lemon juice, olive oil, and yogurt. Process until smooth and spoonable. Add a few tablespoons of water if mixture is too thick.
03. Spoon into a serving bowl and drizzle with extra olive oil.





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