



Holiday Mocktail Guide

16 Mocktail Recipes to Feel Festive and Healthy

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What Is A Mocktail, Anyway?

A mocktail is most simply defined as a nonalcoholic cocktail. Fresh fruits, vegetables, herbs and nut milks can all form the base of a mocktail—so even though you're leaving out the booze, you're not sacrificing flavor. One of the benefits of making your own libations is that you can enjoy the benefits of that extra plant-based nourishment right from your juicer.



Mocktails don't require any additional bar equipment, glassware or special mixology knowledge.

You can keep them super simple (bubbly water with a splash of citrus) or go for some of the fancier recipes in this guide.

These mocktail recipes are adaptable and include plenty of tips and substitutions so you can make them just right. They can be enjoyed exactly as they are or you can certainly add a splash of your favorite liquor, if you choose to celebrate with alcohol, or are serving these up to someone who does.

The Rise of Mocktail Culture

From New York to Houston to Los Angeles, mocktails are getting their own section of the menu at restaurants and bars alike. Drinks that are tasty and celebratory don't need alcohol to feel special.

But you can certainly indulge in this trend without the need to buy pre-made mixers or sugary sodas.

You can treat yourself and have fun while making drinks to help boost your health and feel your best. Mocktails keep the party going for anyone looking to reduce or avoid alcohol for a variety of reasons, including kids. Plus, they offer nutritional benefits such as vitamins, antioxidants, extra hydration and even probiotics.



For The Sober Curious

Mocktails are also great for those who are “sober curious”

“[Being sober curious] means, literally, to choose to question, or get curious about, every impulse, invitation and expectation to drink, versus mindlessly going along with the dominant drinking culture,” according to Ruby Warrington, author of *Sober Curious*.

Regardless of why someone might choose not to drink alcohol on any particular night, there are a few benefits that are particularly helpful during the holiday season:

Mocktail Benefits:

- No hangovers means increased energy
- Better sleep—alcohol consumption may lead to poor sleep quality or waking up in the night
- Weight maintenance—many plant-based mocktails have less calories than their alcoholic counterparts
- Better digestion—alcohol may cause your stomach to produce greater amounts of gastric acid, which can irritate your digestive system, causing stomach pain, bloating or gas



Understanding the Varieties of Bubbly Water

When it comes to carbonated or bubbly water, you can usually find four different types, and you may need to try them all to decide which one you like best in your mocktails.

<p>Club Soda</p> <p>This water has added minerals (sodium chloride, sodium bicarbonate, potassium sulfide and other trace minerals), usually offering a slightly salty flavor.</p>	<p>Sparkling</p> <p>Naturally carbonated from fresh springs or wells, this water contains added calcium, magnesium and other trace minerals.</p>
<p>Seltzer</p> <p>The plain jane of bubbly water, this water contains just the bubbles with no extra minerals. Many seltzers now come flavored so be sure to always read labels so you can pick brands with real, fresh, and ideally, organic produce rather than artificial flavors.</p>	<p>Tonic</p> <p>Flavored with quinine, sugar and added flavors, this water is one to watch out for if you are looking to reduce sugar in your diet. Quinine is derived from the bark of the cinchona tree and was originally used in the prevention of malaria, but it is used in very dilute amounts.</p>



Do these bubbly waters actually keep us hydrated?

The science says yes. First of all, the fizz from the carbon dioxide, which gives these drinks bubbles, tastes more appealing to many people than plain water. In fact, one study looked at the effects of 13 different drinks, including sparkling water and found that sparkling waters are as hydrating as still, and that drinks with a higher mineral content, such as club soda and seltzer, tended to be even more hydrating.



Mocktail Pantry List

Get ready for the season by stocking your pantry (and fridge) with all these ingredients to make you mocktail-ready when the celebration calls.

- Carbonated water
- Sparkling apple cider
- Non-dairy milk
- Coconut water
- Kombucha
- Apple cider vinegar (ACV)
- Natural sweeteners (honey, maple syrup or coconut sugar)
- Fresh herbs and dried spices
- Seasonal fruits and vegetables
- Raw nuts
- Himalayan salt
- Honey or maple syrup



From morning energy juices that taste like mimosas to more classic-ish cocktails to dessert-worthy mocktails, these 16 recipes will support your health even as the temps drop and stress levels tend to rise.

5 Herbs and Spices for Mocktails

Certain herbs and spices can be a great way to spice up your mocktails and give them additional health benefits, and a festive touch. If you've ever added a sprig of rosemary to a drink, you know what we mean. Plus, how many times have you purchased too many herbs at the store and they go bad before you know what to do with them? Well, mocktails are a great way to use them up.



Cinnamon

This quintessential fall and winter spice is warm and fun to sprinkle on oatmeal and lattes, alike. This spice has been used in traditional medicine throughout the world and comes from the bark of the *Cinnamomum* tree. It contains a compound called cinnamaldehyde, which has been shown to help activate fat cells to burn energy, according to a 2017 study. A sprinkle or two on top of a mocktail or adding a cinnamon stick will give it that seasonal flair with added nutritional benefits.



Thyme

This herb is also native to Europe and the Mediterranean region, but is easy to grow (even in containers) anywhere in the world. This perennial herb from the mint family is used in many recipes for its lemony aroma. A sprig is sure to add a little je ne sais quoi to any mocktail. It offers some small immunity-boosting health benefits thanks to vitamins A and C, along with copper, manganese and iron. Of course, you would have to eat a lot of thyme to get a large dose of these vitamins.



Cardamom

This aromatic spice adds a bit of sweetness and can be added to teas, desserts or really, whatever you like. It pairs well with cinnamon, cloves and chocolate. One study found that cardamom consumption was associated with reduced blood pressure and improved antioxidant status in study participants. Try it in our Cardamom Rosemary Spritz recipe in this guide.



Rosemary

Native to the Mediterranean region and also derived from an evergreen shrub, this fragrant herb can brighten any mocktail and give it that festive touch. Interestingly, many herbs lose their potency when dried, but rosemary retains it. It's also full of nutrients including vitamins A, C and B6, plus minerals such as magnesium, calcium and iron. It can certainly add flavor and eye appeal to a glass of sparkling water or a green juice.



Nutmeg

This spice tastes sweet, spicy, and a little bit nutty. Originally from an evergreen tree found in Indonesia, it is now cultivated throughout the world. Nutmeg can be used in both sweet and savory recipes, but it can be an intense flavor so a little goes a long way. It is also full of antioxidants, including plant pigments like cyanidins and essential oils, such as phenylpropanoids and terpenes. This is a good one to sprinkle on top of mocktails that have a nut-milk base- use pre-grated nutmeg or the pods can be grated directly for a fresh touch.



Grapefruit Carrot Fauxmosa

A traditional mimosa is a champagne cocktail that combines equal parts champagne and fruit juice. This version keeps the bubbles without the booze and adds a tangy sweet flavor from the carrot and grapefruit.



Ingredients

- 1 16-ounce bottle sparkling water or club soda
- 2 grapefruits, peeled
- 4 carrots

Directions

1. Add sparkling water to 2-4 glasses of your choice, filling up about halfway.
2. Juice grapefruits and carrots, then add the juice to the glasses.
3. Finish with sliced grapefruit to garnish the glass.

Tip

You can be the judge of how much juice you want to add to your sparkling water. Remember, the more juice, the sweeter it is.

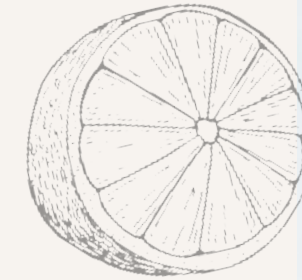
Benefits

Grapefruits and carrots are hydrating and rich in antioxidants like vitamin C and beta-carotene.



A Mary Mocktail

Based on one of the best-known brunch drinks, this winter version of a Bloody Mary recipe features only the freshest fruit to give it a new feel.



This recipe was inspired by [@vegantastesgood](#).

Ingredients

2-3 blood oranges, peeled
10 cherry tomatoes
1 lime, peeled
1/2 cup pomegranate seeds, plus more for garnish

Muddle/Garnish:

Pomegranate seeds
Basil leaf

Directions

1. Juice the oranges, tomatoes, lime, and pomegranate seeds. Save some extra seeds to muddle and garnish.
2. Muddle the pomegranate seeds and basil in a glass then pour the juice on top.

Tip

Try regular oranges, cara cara oranges or tangerines if you can't find blood oranges. You can also use pomegranate juice from the store if you can't find fresh pomegranate seeds (look for no sugar added!). Add a dash of horseradish for a zing.

Benefits

Blood oranges contain many antioxidant compounds, such as chrysin, hydroxycinnamic acid and coumaric acid.

Morning Matcha Mule

A delicious twist on the Moscow mule with freshly juiced ingredients and matcha powder. The word “matcha” means “powdered tea” in Japanese, so don’t forget that matcha has a little caffeine kick—about a third as strong as a cup of coffee.

Ingredients

- 1/2 tsp matcha powder
- 6-ounce ginger beer (or for a lower sugar option try ginger kombucha*)
- 1 lime, peeled
- 1 cucumber
- 1 apple
- 1 handful of mint leaves

Directions

1. Add matcha powder to the bottom of a measuring cup and add ginger beer or kombucha, stir to combine.
2. Juice lime, cucumber, apple and mint.
3. Add matcha mix to the juice.
4. Add ice to a glass (or copper mug for a more traditional look) and pour in juice and matcha mixture.
5. Top with extra mint leaves or lime wedges for garnish.

*Kombucha contains a small amount of caffeine and alcohol and is not appropriate for those who are sensitive or looking to avoid altogether.

Tip

Authentic quality matcha will taste sweet, creamy and a little vegetal; it dissolves easily in water and has a vibrant green color. Buy organic when possible.

Benefits

Matcha is made from green tea leaves that have been ground into an ultra-fine powder, thus offering even more health benefits than a typical cup of green tea. The antioxidants in this tea help prevent cell damage and can lower your risk of developing chronic diseases. If you choose to mix this with kombucha, you’ll enjoy the added probiotic power.





Mock Poinsettia

Traditionally, this cocktail is named for the festive plants that sit on holiday tables, but you can try this drink sans alcohol with your favorite red juice—either pomegranate or cranberry, or mix the two.



Ingredients

8 ounces sparkling water
1 tsp apple cider vinegar (ACV)
2 cups pomegranate seeds or fresh cranberries
(or a combo of both)
1 red apple
A sprig of rosemary or thyme, to garnish

Directions

1. Juice pomegranate seeds or cranberries or a mixture of the two with the apple.
2. Add about 1 cup of sparkling water to a glass, along with 1 tsp of ACV and mix.
3. Then, add a splash (about 2 tablespoons) of juice mixture.
4. Garnish with a sprig of rosemary, thyme or extra pomegranate seeds to add that festive touch.

Tip

For a faster mocktail, feel free to use a no-added sugar pomegranate or cranberry juice (organic, if you can).

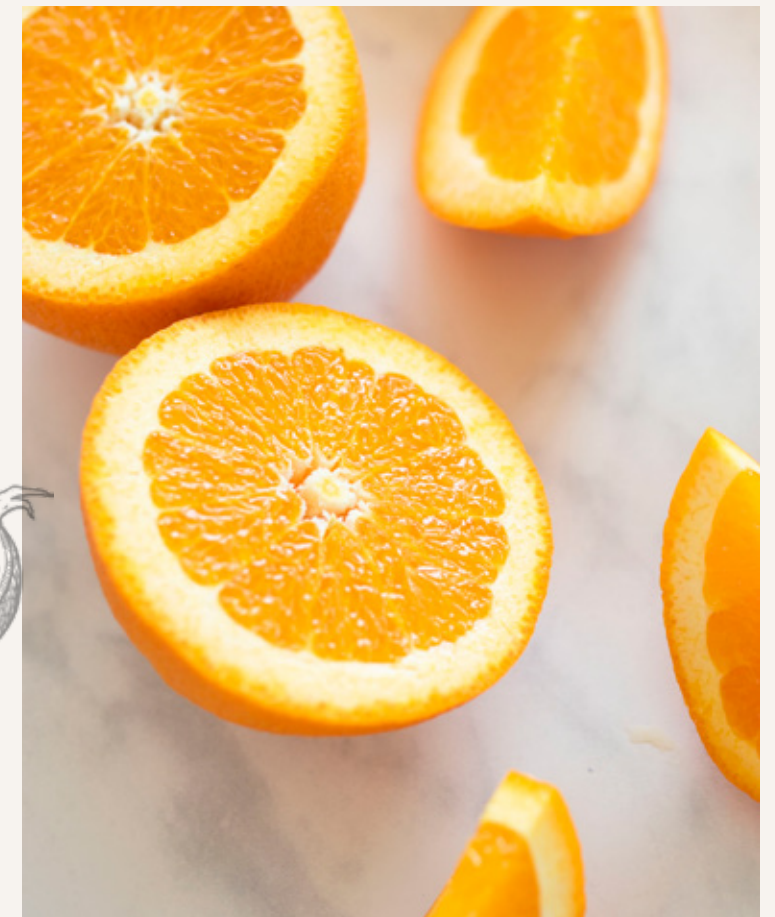
Benefits

This juice is hydrating, plus pomegranate juice contains vitamins C and B5, potassium and natural phenols, such as ellagitannins and flavonoids. ACV shines with probiotic power.



Cool Dreamsicle

What could be dreamier than this mix of seasonal fruits to make a beautiful drink?



This juice is inspired by [@this_healthyjourney](#).

Ingredients

- 1 cup pomegranate seeds
- 1 apple
- 1 orange, peeled
- 1 lemon, peeled
- 1-inch piece of ginger

Directions

1. Juice the pomegranate and apple together and pour into a glass.
2. Then, juice the orange, ginger and lemon and pour over the top of the pom-apple juice.

Tip

You can also use grapes or cherries in places of pomegranate seeds in this juice. If you don't care about the two tones, go ahead and juice everything at once.

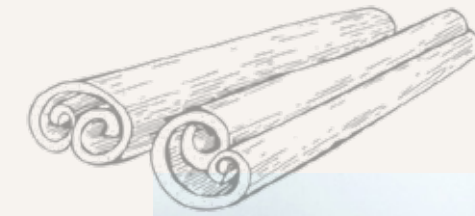
Benefits

This all- juice mocktail is hydrating and full of vitamin C from the orange and lemon.



Apple Cider Punch

A punch is easy to make ahead of time for any festive breakfast or brunch. The pungent spices and sweet fresh fruits really drive this seasonal drink.



This juice is inspired by [@this_healthyjourney](#).

Ingredients

6 apples
1/2 tsp ground ginger
1/2 tsp ground nutmeg
1 tsp ground cinnamon
1 orange, sliced
1 mandarin orange, sliced
1 apple, sliced
1 16-ounce bottle sparkling water
4-6 cinnamon sticks

Directions

1. Juice the apples in your juicer.
2. Whisk apple juice and ground spices together in a large pitcher or punch bowl, then add orange and apple slices.
3. When ready to serve, add sparkling water to the punch mixture.
4. Use cinnamon stick to garnish in glasses.

Tip

Squeeze a little lemon juice over apple slices before adding them to the punch to help them avoid turning brown.

Benefits

Apples contain pectin, which is a soluble fiber that can help keep you regular.



Crisp Ginger Appletini

The appletini is a classic cocktail known for its vibrant color and crisp apple flavor, so why not take it to a new level with fresh autumn apples and ginger, plus a pinch of greens powder?



Ingredients

- 2 green apples
- 1 red apple
- 1-inch piece of ginger
- 1/2 lemon, peeled
- Splash of soda water
- A dash of cinnamon
- A pinch of spirulina powder or chlorophyll
- Maple syrup, to taste

Directions

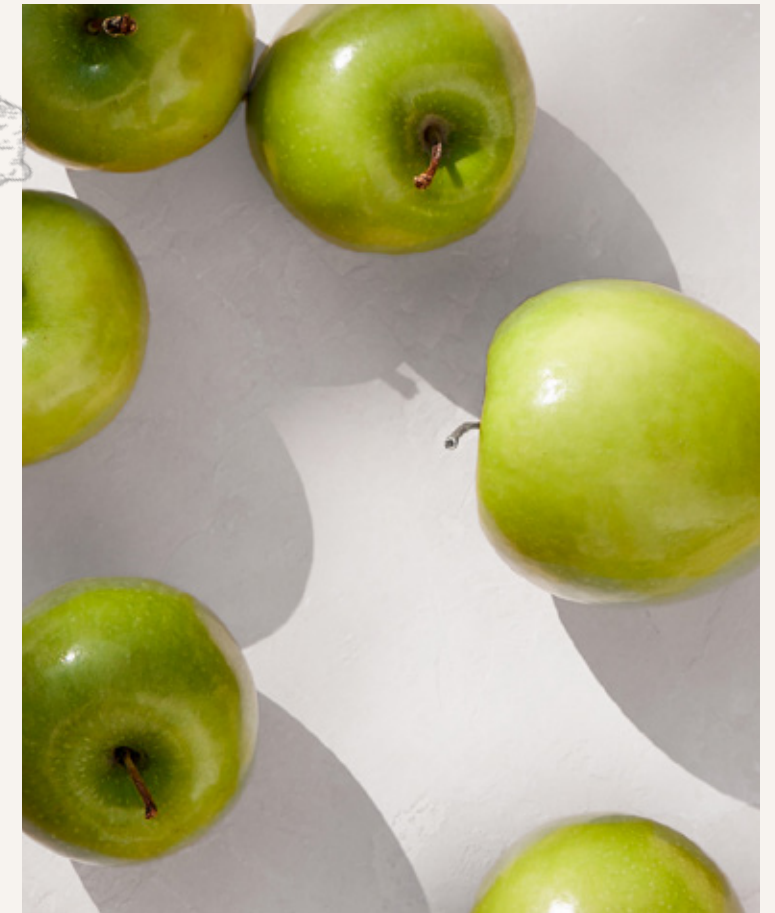
1. Juice the apples, ginger, and lemon.
2. Combine all ingredients into a mason jar.
3. Shake well with ice in a mason jar with a lid or cocktail shaker.
4. Strain and serve in martini glass or glass of choice.

Tip

The spirulina helps give it that classic appletini color and adds vitamins and minerals essential for boosting the immune system, like vitamins E, C, and B6.

Benefits

Apples contain pectin, which is a soluble fiber that can help keep you regular.



This recipe is inspired by @rosieheals.



Raspberry Shrub

A shrub, also called a drinking vinegar, is a mixture that combines fruit, vinegar and sugar in equal parts. You can use any fruit you want but frozen raspberries work well and look festive, especially with a sprig of rosemary or thyme. This recipe keeps for up to 3 months, and you'll have plenty to use throughout the season.



This recipe is inspired by @rosieheals.

Ingredients

2 cups fresh or frozen raspberries (thawed and juiced)
1 apple
2 cups coconut sugar
2 cups apple cider vinegar
8 ounces seltzer, kombucha*, or sparkling apple cider

Directions

1. Juice fresh or thawed raspberries and apple, and then combine the juice with sugar in a bowl.
2. Cover and set the raspberry syrup in the refrigerator for about two days.
3. In a fresh jar, add the vinegar to the raspberry syrup. Top with a lid to save in the fridge for 3 months.
4. Pour your choice of liquid into a glass with ice, add a few tablespoons of the shrub to the glass and stir.
5. Garnish with a sprig of rosemary or thyme.

*Kombucha contains a small amount of caffeine and alcohol and is not appropriate for those who are sensitive or looking to avoid altogether.

Tip

Look for homemade shrubs at your local farmers' market, liquor store or online if you don't have time to make your own.

Benefits

Raspberries are naturally low in sugar and high in vitamin C and antioxidants.



Cran-Pear 'Rita

This festive version of a margarita is super hydrating thanks to coconut water and fresh seasonal fruits: cranberries, pears and lime.



Ingredients

- 1 cup cranberries
- 2 pears
- 1 lime, peeled
- 1 tablespoon apple cider vinegar (ACV)
- Splash of coconut water
- Optional rim: lime, salt and chili powder

Directions

1. Juice cranberries, pears and lime.
2. Add juice mixture to glasses of your choice with the ACV and top with coconut water.
3. To create a salt and chili powder rim for your glass, simply take a lime wedge and rub it around the perimeter of your glass. Then add a small amount of salt and chili powder to a plate and dip and twist the glass into it to coat the rim.

Tip

Instead of coconut water, make it bubbly by adding a splash of club soda.

Benefits

Pears are full of potassium, phenolic compounds, copper and vitamins B, C and K. Those phenolic compounds may help slow the growth of harmful gut bacteria.



Holiday Sans-Gria

This is a good go-to recipe to make when you've overbought fruit for the week. Don't let them go to waste—just make this instead for a celebratory but healthy drink.



This recipe is inspired by [@simplygreensmoothies](#).

Serves: 8
Fresh in the fridge: 48 hrs

Ingredients

1 green apple, chopped into small pieces
1 pear, chopped into small pieces
1 orange, peeled, sliced into small pieces
1 lemon, peeled, sliced into small pieces
4 cups red grapes
2 apples
1 cup pomegranate seeds
1/4 cup elderberry syrup
4 cups sparkling water

Directions

1. Chop the apple, pear, orange and lemon.
2. Add all the fruit to a large pitcher then muddle with a muddler or wooden spoon.
(‘Muddle’ is just a fancy word for gently mashing the fruit to release their juice. You don’t want to smash them beyond recognition yet you do want the flavors to properly mix together.)
3. Juice the grapes and apples in your juicer. If you want it effervescent, add the juice and sparkling water as well as the elderberry syrup to the pitcher, then muddle again to mix the fruit with the liquids.
4. If you want this to be served cold, refrigerate until serving. Add ice to the glasses then pour the sangria over the ice.

Tip

For a faster mocktail, look for unsweetened apple and/or grape juice at the store instead of juicing your own.

Benefits

Elderberry syrup is a great immune support thanks to its antioxidants and when paired with grapes, which are a great source of vitamin C.



Mock Ginger Cosmo

Considered by many to be “the drink” of the ‘90s, this virgin cosmo is full of vitamin C and a delicious kick from the ginger.



This recipe is inspired by @simplygreensmoothies.

Ingredients

- 1 cup cranberries
- 2 oranges, peeled
- 1 lime, peeled
- 1 1-inch piece of ginger
- 1 16-ounce bottle sparkling water

Directions

1. Juice cranberries, orange, lime and ginger.
2. Add juice mixture and sparkling water to a mason jar with a lid or a cocktail shaker.*
3. Add ice and gently shake.
4. Pour into martini glasses and enjoy.

* If you don't have a large (32-ounce+) mason jar, you may need to make this drink in two batches.

Tip

Be aware that the bubbles in the water can make the lid of your mason jar or cocktail shaker fly off, if you shake too hard. Be gentle!

Benefits

Cranberries are filled with beta-carotene, vitamin C and antioxidants for immune support.

Celery Cardamom Rosemary Spritz

A “spritz” is typically a wine-based cocktail but can easily turn mock with sparkling water or kombucha. This recipe takes celery juice to the next level.

Ingredients

1 head of celery
1 lime, peeled
1 apple
1 fresh sprig of rosemary
1/2 tsp cardamom powder or 3 fresh cardamom pods
16 ounces club soda or kombucha

Directions

1. Juice celery, lime and apple.
2. In a medium bowl, add fresh rosemary and cardamom and muddle with some of the juice mixture. Let that mixture sit for a few minutes and then strain the whole spices out of the container.
3. Fill glasses of your choice halfway with the juice mixture and add club soda or kombucha on top.

Optional: garnish with a sprig of rosemary.

Tip

If using fresh cardamom pods, use a mortar and pestle to smash them, removing the outer shell.

Benefits

Celery is full of minerals, which is a great way to rehydrate if you’ve been burning the candle at both ends this season.





Winter Thyme Mocktail

This juicy mocktail features the best of the season combining sweet pear with tart pomegranate and lime.



This recipe is inspired by @jeanettevelasco.

Yields 16 ounces/4 mocktails

Ingredients

- 2 pears
- 1 cup of pomegranate seeds
- 1 lime, peeled
- 1-2 inches of ginger
- 4 thyme branches
- 1 16-ounce bottle sparkling water

Directions

1. Juice pear, pomegranate seeds, lime and ginger.
2. To your glass of choice, add 4 ounces of juice and 4 ounces of sparkling water.
3. Garnish with thyme.

Tip

For more zing, add more ginger. It helps bring out a wintery spice.

Benefits

Pears are full of vitamins B, C and K along with copper and potassium.



Creamy Vegan “Eggnog”

This recipe uses cashews and almonds to make a creamy base for this decadent dessert drink.



Ingredients

1 cup cashews, soaked overnight
1 cup almonds, soaked overnight
4 dates, pitted
4 cups water
1 tsp Himalayan or Celtic sea salt
1 tsp pure vanilla extract
1 tsp ground cinnamon, plus more to taste
1/4 tsp ground nutmeg, plus more to taste
1/8 tsp ground cardamom
Garnish with cinnamon stick and a dollop of coconut whipped cream (optional)

Directions

1. Soak nuts in 2 to 3 cups of water overnight (you want to fully cover the nuts with fresh water).
2. Drain and then rinse nuts.
3. Pour 4 cups water back into bowl with cashews and almonds, and feed through the juicer. Add water, nuts, and dates at the same time until all are through the juicer. Stir in salt, vanilla extract and spices.
4. Garnish with a cinnamon stick and dollop of coconut whipped cream.

Tip

You can also add a touch of maple syrup if you don't have dates on hand. You can either look for coconut whipped cream at a specialty health food store or make it yourself with this recipe.

Benefits

Cinnamon contains a compound called cinnamaldehyde, which has been shown to help activate fat cells to burn energy.



Very Cherry Shirley Temple

The Shirley Temple is considered by many to be the original mocktail using a blend of soda and grenadine, garnished with a maraschino cherry on top. This recipe offers a lower-sugar-but-still-sweet version of the original that combines tart cherries with seltzer.



Ingredients

- 2 beets, peeled
- 1 cup cherries, pitted (fresh or frozen then thawed)
- 1 lemon, peeled
- 3 cups seltzer water
- 1 tsp honey
- 8 fresh cherries (or look for jarred maraschino cherries without corn syrup or added dyes)

Directions

1. Juice the beets, cherries and lemon.
2. In a large pitcher, stir together all ingredients except cherries.
3. In four glasses, add 2 cherries each, then pour mixture into glasses of your choice.

Tip

If you're having a hard time finding cherries, you can simplify this recipe by using 1 cup of no-added sugar cherry juice and 1/4 cup no-added sugar pomegranate juice.

Benefits

Tart cherries can help aid sleep because they contain small amounts of both melatonin, a hormone that helps control the body's sleep-wake cycle, and tryptophan, an amino acid that helps produce melatonin and can help you feel drowsy.



Warm Pumpkin Pie

On a chilly night, this alternative to hot chocolate is sure to warm you up. Plus, this is a great way to utilize leftover pumpkin puree that likely will sit in your cabinet until next season if you don't put it to good use now.

Ingredients

2 cups hazelnuts, soaked overnight
4 cups coconut water
3/4 cup pumpkin puree
1/2 tsp cinnamon or pumpkin pie spice
1/2 cup mini marshmallows, optional
1 lemon slice and shredded coconut, to rim the glass

Directions

1. Soak hazelnuts overnight in 3-4 cups of water. Drain and rinse.
2. Make hazelnut milk by adding hazelnuts to a large bowl and then add the coconut water.
3. Using a ladle, add hazelnuts and coconut water to your juicer.
4. In a medium saucepan over medium heat, whisk together hazelnut milk, pumpkin puree and spices.
5. Next, spread mini marshmallows out on a parchment-lined baking sheet and place under broiler for about 2 minutes, until they are toasted.
6. Gently rub a lemon or lime slice around the rim of your serving glasses to moisten. Add coconut shreds to a plate and dip and twist the glass into it to coat the rim.
7. Pour the warm drink into a mug (or heat-safe glass) and top each drink with the toasted marshmallows if you're using them.

Tip

You can make hazelnut milk up to three days ahead of time to break up your time in the kitchen. Can't find hazelnuts? Try almonds or macadamia nuts instead.

Benefits

Pumpkin has good-for-you antioxidants known as carotenoids such as alpha-carotene, beta-carotene, lutein and zeaxanthin.

