

## MAKE IT A MOCKTAIL

A craft cocktail without alcohol? Meet the mocktail. These non-alcoholic beverages have been growing so much in popularity that it's not uncommon to go to a cocktail bar and see a section dedicated to mocktails on the menu. There are a few reasons why mocktails are here to stay:

- The significant increase in alcohol consumed during the pandemic has led to people cutting back.
- Increased interest in health and wellness has led to a decreased interest in traditional alcoholic beverages.
- People who can't drink or choose not to drink alcohol can still feel social while consuming a mocktail.

### WHAT MAKES A MOCKTAIL?

As the name implies, a mocktail is intended to mimic a cocktail but contains no alcohol. But mocktails are no longer just soda and juice in a glass. They have elevated themselves to include a variety of complex flavors that taste identical to the original alcoholic version.

It's important to note that while a mocktail may not contain alcohol, it still does contain calories and can be a source of added sugars. The caloric content will vary based on the ingredients used in your mocktail, so make sure to pay attention to what is in your beverage. You should still consume mocktails in moderation and alternate with a drink of water between mocktails, just as you would while consuming alcohol.

### WHAT IF I STILL CHOOSE TO CONSUME ALCOHOL?

If you still want to enjoy a traditional alcoholic beverage, here is a reminder of what is considered a serving size of alcohol:

- **BEER** = 12 fluid ounces
- **MALT LIQUOR** = 8 fluid ounces
- **WINE** = 5 fluid ounces
- **DISTILLED SPIRITS** = 1.5 fluid ounces (otherwise known as a "shot" of alcohol)

When we talk about drinking in moderation, the recommendations are as follows:

- **MEN** ≤ 2 servings of alcohol per day
- **WOMEN** ≤ 1 serving of alcohol per day

### HOW TO MAKE A MOCKTAIL

If you're new to making mocktails, here are some tips and tricks to make them fun and exciting.

**Use Barware:** You want to use the same equipment you would use to make a mocktail as you would use to make a cocktail. This includes cocktail shakers, strainers, muddlers, citrus juicers, and zesters, to name a few.

**Proper Glassware:** Use the same type of glassware for your mocktail that you would use to serve a cocktail. Many drinks work best in a Collins or rocks glass, but if you're doing a non-alcoholic version of a martini, then use a martini glass. Something that mimics a sparkling cocktail can be served in a champagne flute. Serve a mocktail mule in a copper mug. If your mocktail is served over ice, use molds to make either large ice cubes or fun shapes for your ice.

**Swap Your Alcohol:** Most traditional cocktail recipes can be made into a mocktail. Often you can simply omit the alcohol or use sparkling water in place of champagne. With mocktails being so popular, you will now find many “zero-proof alcohol alternatives” on the shelves. These are non-alcoholic spirits that mimic the flavor of traditional spirits like gin, whisky, rum, and tequila. Brands like Ritual Zero Proof, Seedlip, Lyre, and Free Spirits offer non-alcoholic options to use in your mocktails.

**Add Flavor:** Use fresh juices, muddled fruit, fresh herbs, or infused simple syrup. Choose flavors based on the season or year-long classics.

**Top it Off:** In some cases, you may finish off your mocktail with soda, ginger beer, or even something like tea or cold brew coffee.

**Finish with a Garnish:** The best part of a cocktail is the presentation, and no cocktail is complete without a garnish. The same especially goes for a mocktail! Use slices of citrus or a twist, sprigs of fresh herbs, or berries to finish off a drink. Perhaps consider rimming your glass with a blend of salt/sugar/citrus zest or dark cocoa powder to add extra flavor while you sip.

### 4-STEP MOCKTAIL FORMULA

A good formula to follow is 4 parts base, 1 part sour, ½ part sweet, and a garnish. For example, use 4 ounces ginger beer, 1 ounce lime juice, ½ ounce honey, and a lime wheel to make a Mocktail Mule. Here are some ideas to get you started:

<b>Base</b> 4 parts	<b>Sour</b> 1 part	<b>Sweet</b> ½ part	<b>Garnish</b> As Needed
Coconut water	Lemon juice	Apple juice	Citrus wheel or slice
Cold brew coffee	Lime juice	Pineapple juice	Citrus twist
Dealcoholized wine	Grapefruit juice	Orange juice	Muddled fruit
Fruit juice	Cranberry juice	Honey	Dehydrated fruit
Kombucha	Pomegranate juice	Maple Syrup	Mint leaves
Sparkling water	Tart cherry juice	Ginger beer	Basil leaves
Soda		Simple Syrup*	Rosemary sprig
Ginger Ale		Infused Simple Syrup	Thyme
Ginger Beer			Cranberries
Tea (steeped & chilled)		<i>Simple Syrup = 1 part boiling water with 1 part sugar (or honey). Let sugar dissolve and cool mixture before using.</i>	Pomegranate seeds
			Crystalized ginger