

# MOCKTAILS

5 HEALTHY ELIXIRS TO REPLACE YOUR BOOZE



CRAFTED FOR YOU BY  
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# MOCKTAIL RECIPES

## MUDDLED DRINK

### GRAPEFRUIT TEA MOCKTAIL

#### Ingredients:

2 slices grapefruit  
Black Tea (2-3 bags steeped in 1 cup water)  
Several mint leaves  
Few drops of monkfruit syrup (optional)

#### Simple Steps:

Brew tea and keep in fridge for at least 30 minutes.

Muddle grapefruit with mint leaves.

Fill with cooled tea and top with splash of juice from remaining grapefruit. Add monkfruit syrup, if desired. Mix well and serve in mason jar packed with ice. Garnish with mint leaves and grapefruit slice.

## FROZEN DRINK

### MANGO LIME FROZEN MARGARITA MOCKTAIL

#### Ingredients:

1 cup frozen mango  
1 lime  
Sprig of thyme  
1 cup water  
Chili powder  
Kosher salt

#### Simple Steps:

Mix first 4 ingredients in high-speed blender until smooth. Mix the chili powder and kosher salt on a small plate. Moisten the rim of a glass with the lime wedge; dip the rim in the chili powder and twist to coat. Pour into a tall glass and serve with a wedge of lime.

## MEDICINAL TONIC DRINK

### CRAIG'S CIDER TONIC MOCKTAIL

#### Ingredients:

1 shot ACV (Apple Cider Vinegar)  
Squeeze of lime  
Plain seltzer  
Ice

#### Simple Steps:

Combine first three ingredients into a mason jar and stir vigorously. Pack with ice and enjoy.

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## STRAINED DRINK

### BLACKBERRY ROSEMARY KOMBUCHA MOCKTAIL

#### Ingredients:

1 handful blackberries  
1 sprig fresh rosemary  
1 piece ginger (grated)  
Handful ice  
Kombucha  
1 lime

#### Simple Steps:

In a cocktail shaker or a tall glass, muddle blackberries, rosemary and grated ginger.

Add ice and shake until well combined. (If you do not have a cocktail shaker, simply pour back and forth between two glasses until combined.)

Strain mixture over ice and add plain kombucha and a squeeze of lime to taste.  
Garnish with blackberries and a sprig of rosemary. Enjoy!

## MIXED DRINK

### BLOODY MARY MOCKTAIL

#### Ingredients:

Tomato juice  
Half shot of olive juice  
Lemon wedge  
Lime wedge  
Celery salt  
Pepper  
Hot sauce  
Olive  
Celery stalk

#### Simple Steps:

In a pint glass packed with ice, combine olive juice with squeeze of lemon and lime. Add the celery salt and pepper - just a few shakes each. Add hot sauce to taste. Fill the glass with tomato juice. Shake well, add olive and celery stalk to garnish (and eat, of course).

#### OTHER OPTIONS TO EXPERIMENT WITH:

Digestive Bitters  
Spicy Ingredients (like ginger or chilies)  
Oversteeped Black Tea (for astringent taste from tannins)  
Herbs and spices  
Non-alcoholic substitutes like kombucha and infused seltzers