















by Claire Chewning, RD



## Hey There, friend!



I'm so glad you're here. I'm Claire, but maybe you know me as the fun-drink loving Dietitian.





This summer, I set out on a mission to discover the tastiest, most refreshing alcohol-free drinks. I turned the mission into a series on TikTok, which then became this eBook. In the following pages, you'll find a compilation of my 15 favorite mocktails-some that were filmed in the series and some bonus recipes not captured on video! All recipes in this eBook make 2 drinks each.







So whether you're sober, looking to limit alcohol, don't like the taste of it or how it makes you feel, or just looking for a fun drink to make for yourself or the kiddos, I hope you'll find some tasty ideas here. Happy hydrating!









## A Note About Simple Syrup:





Some of the following recipes call for simple syrup. You can purchase simple syrup online or at your local grocery store, but it's also really easy to make.





I make mine by dissolving equal parts sugar in water (i.e. 1/2 c sugar, 1/2 c water). You can do this on the stovetop by adding the sugar to the water, heating, and stirring gently until the sugar dissolves. However, I think the easiest way to do it is to bring water to a boil in a microwave-safe measuring cup and immediately add the sugar, stirring until it dissolves.









Then, pour into a jar with a lid and store in the fridge to keep on hand for all of your mocktail-making endeavors!





## Piña Co-nada

#### Ingredients:



1 lime, juiced

Garnish: 3-4 additional pineapple chunks & 1 lime slice per serving glass

- Add pineapple, coconut milk, coconut water, & lime juice to blender
- Blend until smooth
- Add ice and fruit garnish to 2 serving glasses
- Pour blended mixture over ice
- Garnish each glass with a lime slice & enjoy!

### Nutritional highlight:

Limes are a good source of active compounds that act as antioxidants & can help protect against certain illnesses & disease. Limes also have high levels of vitamin C & hints of other nutrients like iron, calcium, vitamin B6, thiamine & potassium.



## Cherry Limeade



Ingredients:

1/2 c frozen cherries 3/4 c black cherry juice 2 limes, juiced



1, 12 oz. can lime seltzer water Garnish: 1 lime slice per serving glass

- Divide frozen cherries evenly between two serving glasses filled with ice
- Add 2 shots of cherry juice & juice of one lime to each glass
- Top each glass with lime seltzer water & gently stir
- Garnish glass with lime slice & enjoy!

### Nutritional highlight:

Cherry juice contains a plant chemical called anthocyanin.

Anthocyanins help promote anti-inflammatory processes in our bodies. Look for juices that specify "100% juice" on the label & consider tartness. Generally, the more tart the cherry juice, the higher in anthocyanin content it is.

## Blueberry Faux-jito





3/4 c frozen blueberries, thawed 1 lemon, juiced 6-8 fresh mint leaves



2 shots simple syrup (equal parts sugar dissolved in water) 1, 12 oz. can blueberry lemon seltzer water Garnish: blueberry, lemon slice, fresh mint leaf

- Add thawed blueberries, mint, lemon juice, & simple syrup to a shaker bottle
- Muddle! [Pro Tip: use the back of a wooden spoon if you don't have a muddler]
- Add ice to shaker glass & shake for 10-15 seconds, or until glass is cold to the touch
- Pour strained mixture over ice, dividing it evenly between two serving glasses
- Top each glass with seltzer water, lemon slice, a few frozen blueberries, & a fresh mint leaf, if desired

### Nutritional highlight:

Blueberries are a wonderful source of beneficial plant compounds like fiber, vitamins & antioxidants. Additionally, blueberries have a relatively high water content (>80%), so adding them into a meal or snack can provide extra fluids to your day!

## Watermelon Wonder



#### Ingredients:

1/2 c cubed watermelon
1/4 c fresh pineapple chunks
1 lime or lemon, juiced
1/2 c coconut water



Garnish: 2-3 pineapple chunks per glass 1, 12 oz. can lime flavored seltzer water to top

- Add watermelon, pineapple, lime or lemon juice & coconut water to blender
- Blend until smooth
- Add ice and fruit garnish to 2 serving glasses
- Pour blended mixture over ice
- Top each serving glass with seltzer water

## Nutritional highlight:

Lycopene is a type of plant chemical (carotenoid) that provides the red & pink pigments to fruits like, watermelon, pink grapefruit, papaya, & tomatoes. Lycopene has antioxidant properties, which can help protect our bodies against oxidative stress.

## Ginger Lemoneade

#### Ingredients:

1 lemon, juiced
2 shots simple syrup
1 cm cube fresh ginger, peeled
1/2 c plain water
3/4 c ginger kombucha
Garnish: 1 lemon slice per serving glass

- Add lemon juice, simple syrup, ginger cube & water to blender. Blend until smooth.
- Pour blended mixture equally between two serving glasses filled with ice
- Top each glass with ginger kombucha (can sub ginger ale if desired)
- Garnish each serving glass with a slice of lemon

### Nutritional highlight:

Kombucha is a fermented tea beverage containing probiotics such as lactic and acetic acid bacteria. Probiotics are friendly live bacteria (or sometimes yeast) that can aid the colonization of good microorganisms within your gut.

# Pomegranate - Green Tea Lemonade

#### Ingredients:

1/2 lemon, juiced 1/4 c frozen pomegranate seeds 1.5 shots simple syrup 2 shots pomegranate juice 1/2 c green tea, pre-steeped & chilled

Garnish: 1 lemon slice & sprinkle of pomegranate seeds per serving glass

- Add lemon juice, 1-inch piece of juiced lemon, pomegranate seeds & simple syrup to shaker
- Muddle ingredients in shaker using a muddler or the back of a wooden spoon
- Add pomegranate juice, green tea & ice to shaker & shake!
- Pour mixture evenly between two serving glasses with ice
- Garnish each glass with lemon & pomegranate seeds

### Nutritional highlight:

Pomegranate seeds, also called arils, are high in fiber compared to pomegranate juice alone. Pomegranates contain many healthpromoting vitamins (C & B9-folate) & minerals (magnesium, phosphorus, potassium).

## Cucumber Mint Cooler



1 lime, juiced 5-6 fresh mint leaves 1 shot simple syrup 1.5 c cucumber water



Garnish: 1 lime slice & fresh mint leaf per serving glass

- A few hours before making the drink, add 1 c diced cucumbers to a 16 oz. mason jar & fill with water. Seal & let sit in fridge.
- When time comes to assemble the drink, add lime juice, mint leaves, simple syrup to shaker & muddle.
- Add ice to shaker glass & shake for 10-15 seconds
- Pour mixture evenly over two serving glasses with ice
- Top each glass with cucumber water & stir
- Garnish each serving glass with a lime slice & fresh mint leaf

### Nutritional highlight:

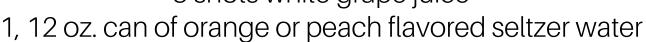
Mint can be found in fresh and dried forms, & it is often known for its cooling effect. Mint can also have a physical & emotional calming effect for some individuals! When enjoying this mocktail, consider taking a moment to appreciate the calming aroma!

## White Peach Sangria



#### Ingredients:

1/2 orange, juiced 1/2 lemon, juiced 1 peach, diced 3 shots white grape juice





- Add orange juice, lemon juice, half of the diced peach, and grape juice to shaker
- Muddle until peach is fully smashed
- Add ice to shaker and shake for 10-15 seconds
- Pour strained mixture evenly between two serving glasses filled with ice
- Top each glass with seltzer water & garnish with peach
   + orange slices

### Nutritional highlight:

Peaches are rich in vitamin C, vitamin B3, magnesium, phosphorus, copper, and antioxidants. Generally, the riper and fresher the peach, the higher the antioxidant content!

## Strawberry Lemonade



#### Ingredients:

1/2 cup frozen strawberries 1 lemon, juiced 1 shot simple syrup 2 shots plain water



Garnish: 1 lemon slice & a few strawberry slices per serving glass

- Place frozen strawberries in mug, microwave for about 45 sec or until mostly thawed and juicy
- Add lemon juice, simple syrup, water, & strawberries to shaker & muddle until strawberries are mashed
- Add ice to shaker and shake for 10-15 seconds
- Pour strained mixture evenly over two glasses of ice & garnish each with strawberry slices & a lemon round

### Nutritional highlight:

Citrus fruits, such as lemons, are high in vitamin C. One lemon (depending on size) contains about 50% of the recommended dietary intake (RDI) of vitamin C! Vitamin C also helps with iron absorption in the body, especially iron from plant-based foods.





#### Ingredients:

2 c orange juice (or 6-8 oranges if you'd like to juice them yourself)
1, 12 oz. can orange seltzer water
~ 2 Tbsp. grenadine

Garnish: 1 orange wedge per serving glass

- Fill two serving glasses with ice and pour 1 c orange juice into each
- Top each glass with orange seltzer water (optional, can leave out if you don't like bubbles)
- Place a spoon against the inside edge of each glass & pour about 1 Tbsp. grenadine down the back of the spoon for each drink (goal: grenadine settles to bottom of glass, giving the drink a "sunrise" look)
- Remember, don't mix it!

## Nutritional highlight:

Orange juice is a great source of vitamin C and water. When making this mocktail, consider snacking on the remaining pieces of orange slice. The pith (otherwise thrown away when juicing) contains fiber that can aid in digestive regularity & gut health.

## Mango Mule

#### Ingredients:



1 c frozen, diced mango 1/2 cup water 1, 1 cm cube ginger root, peeled 2 limes, juiced 1, 7.5 oz. can ginger beer



Garnish: 1 lime slice per serving mug

- Place frozen mango in a mug & microwave for ~45 sec or until soft (can also use fresh mango & skip this step)
- Add mango, water & ginger root to blender & blend until smooth
- Fill two copper mugs (or regular serving glasses)
  with ice and pour blended mixture on top. Squeeze
  one lime into each mug & top with ginger beer,
  about 3.5-4 oz/glass
- Garnish each mug with a slice of fresh lime

### Nutritional highlight:

Ginger root and ginger based beverages such as ginger beer, are commonly known to help relieve symptoms of upset stomach, nausea, & indigestion. The cube of fresh ginger added in this recipe is also a good source of fiber!

## lackberry Mint No-jito



#### Ingredients:

1/4 c fresh blackberries 1 shot simple syrup 6-8 mint leaves 2 limes, juiced

1, 12 oz. can lime seltzer water



Garnish: Handful of fresh berries, 1 lime round, & 1-2 mint leaves per serving glass

- In cocktail shaker, place blackberries, simple syrup, mint leaves, and juice from one and a half limes
- Muddle ingredients before adding ice to shaker
- Shake for 10-15 seconds and pour strained mixture between two serving glasses filled with ice
- Top each glass with lime seltzer water and garnish with fresh berries, remaining lime slices, and a few mint leaves

### Nutritional highlight:

Blackberries, along with other darkly-colored fruits and veggies, are known for their high antioxidant content. Blackberries are also a great source of soluble fiber, which plays an important role in digestion by increasing the bulk of stools and making them easier to pass.

## Rosemary Grapefruit Spritz



1-2 fresh grapefruits *or* 3/4 c grapefruit juice

1, 12 oz. can grapefruit seltzer water2 sprigs fresh rosemary



1/2 c water 1/2 c sugar 2 sprigs fresh rosemary

- For the simple syrup, place 1/2 c water, 1/2 c sugar, and 2 fresh sprigs of fresh rosemary in a small pot on the stovetop
- Bring to a simmer and stir until the sugar is completely dissolved. Leave the rosemary sprigs in the pan while syrup cools to allow it more time to absorb the herbal flavors
- Once cooled, remove sprigs of rosemary and transfer to a jar with a lid for storage. You will have enough syrup to make a few drinks!

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- To assemble the drink, fill two serving glasses with ice and pour two shots of grapefruit juice into each
- Add a shot of rosemary simple syrup to each glass (or half of a shot per glass if you'd like the drink to be less sweet)
- Top each glass with half a can of grapefruit seltzer water, stir, and garnish with sprig of fresh rosemary

### Nutritional highlight:

Grapefruit contains over 15 vitamins & minerals, making this a particularly nutrient dense citrus fruit. Grapefruit's nutrient, fluid, and fiber content aid its ability to improve immune function & digestion. Caution: grapefruit can negatively interact with certain medications such as statins. Please avoid if you have been advised to do so by your healthcare provider.

## Coco-Kombucha Fizz

#### Ingredients:

1, 16 oz. bottle of your fav kombucha 1 c coconut water Handful of your fav frozen fruit (I recommend selecting a fruit that matches the kombucha flavor you've chosen)

- Pour kombucha evenly between two serving glasses filled with ice
- Add 1/2 cup coconut water to each glass and a few chunks of your favorite frozen fruit to act as flavorful ice cubes
- Stir & enjoy. This drink is a simple one, but the flavor combinations are numerous!

### Nutritional highlight:

Coconut water, not to be confused with coconut milk, contains 94% water by volume as well as several nutrients. Potassium, magnesium, and phosphorus are among these nutrients and are known as electrolytes. Electrolytes have numerous functions in the body, including helping to keep us hydrated.

## Strawberry Basil Blast

#### Ingredients:

1/2 c strawberries (fresh or frozen will work, but if using frozen thaw first)

1 shot simple syrup

2 shots water

1 lime, juiced

3-5 fresh basil leaves

1, 12 oz. can of seltzer water, either lime or strawberry flavored

- In a blender, combine fresh or thawed strawberries, simple syrup, water, and lime juice.
- Blend until smooth
- In a cocktail shaker, gently muddle the basil and fill the shaker with ice
- Pour strawberry mixture into shaker and shake for about 10-15 seconds
- Fill two serving glasses with ice and divide the strained strawberry mixture evenly between glasses
- Top with seltzer water, a fresh basil leaf, and a lime wedge if desired

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Basil is a leafy green herb that is part of the mint family. 1

Tablespoon of fresh sweet basil leaves, chopped, provides a significant source of vitamin K (about 13% of your Recommended Dietary Intake, or RDI).

This marks the end of your mocktail eRecipe Book! I hope you've had fun sipping your way through these pages and that you're feeling inspired to enjoy all of the alcohol-free fun drinks your heart desires. Maybe you've even come up with some of your own tasty combos, too!

My passion for bringing fun and satisfaction into the kitchen doesn't stop with mocktails. In fact, what I spend most of my time doing as a Dietitian is helping individuals heal their relationships with food so that they can live healthfully and free from restrictive diets. If you'd like more information about how to work with me beyond the fun of this eBook, check out the next page.

Cheers



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