

12 Days of

Alcohol-Free Holiday Mocktails that Don't Require Non-Alcoholic Spirits





Welcome!

Over the 3 years since I've gone alcohol-free, I've experimented with making different mocktails, many of which require spiritless spirits.

I created this recipe guide for those interested in creating some fun alcohol-free mocktails this holiday season without having to invest in non-alcoholic spirits.

I hope you enjoy the recipes and please feel free to share your creations on-line and be sure to tag me @laura_valvasori!

Cheers!

Laura Valvasori

Business & Well-Being Mentor for Women | Alcohol-Free Lifestyle



MAKE YOUR OWN

Cranberry Moscow Mule



This festive mocktail created by Amy Stoddart is a twist on a Moscow Mule. It has a nice balance between sweet and tart, with a bit of kick from the ginger.

YOU WILL NEED:

- 1 orange
- 1 lime
- 2 oz pomegranate or cranberry juice (tip: buy juice boxes for individual servings)
- 1 small bottle of Ginger beer
- Ice

GARNISH OPTIONS:

- Frozen cranberries, pomegranate seeds, cinnamon stick or rosemary sprig.

INSTRUCTIONS:

- Slice orange in half and slice rounds from half of the orange and put the other half aside.
- Place 2 slices of orange standing up in a glass and fill the centre with ice.
- Add 2 oz. pomegranate or cranberry juice.
- Juice the remaining half of the orange into the glass. Squeeze in the a slice of lime juice.
- Top with ginger beer to fill the glass.
- Stir and garnish as desired.



MAKE YOUR OWN

Icy Peppermint Mocha Chill



Quench your cocoa cravings with an icy Peppermint Mocha Chill, a refreshing and invigorating cold cocoa mocktail. This frosty delight combines the richness of cocoa, a hint of coffee, and the cool burst of peppermint.

YOU WILL NEED:

- 1 cup cold brew coffee (or chilled brewed coffee)
- 1 tablespoon cocoa powder
- 1 tablespoon maple syrup (adjust to taste)
- 1/4 teaspoon peppermint extract
- Ice cubes
- Crushed candy canes for garnish (optional)

INSTRUCTIONS:

- In a shaker or blender, combine cold brew coffee, cocoa powder, maple syrup, and peppermint extract.
- Shake or blend until well combined and frothy.
- Fill a glass with ice cubes.
- Pour the cocoa mixture over the ice.
- You can also line the glass with crushed candy canes or garnish with a sprinkle of crushed candy canes for a festive touch.



MAKE YOUR OWN

Sparkling Citrus Berry Fizz



Sparkling Citrus Berry Fizz, a tea-based mocktail, features the flavour of wildberry and a burst of citrusy effervescence. Garnished with an orange twist or slice, it's a sophisticated and bubbly sip that adds a touch of glamour to your holiday gatherings.

YOU WILL NEED:

- 1/4 cup wildberry tea (cooled)
- About 2 Tbsp. sparkling water to top
- 1/2 orange juiced
- 1 teaspoon honey
- Ice cubes
- Orange & cranberries for garnish

INSTRUCTIONS:

- In a shaker, combine ice, hibiscus tea, orange juice, and honey. Shake well.
- Strain into a martini glass and top with sparkling water.
- Garnish with an orange twist for a citrusy flourish.



MAKE YOUR OWN

Balsamic Blitzzer



When I was first introduced to the idea of using balsamic vinegar in mocktails, I thought it would be terrible, but was delightfully surprised. I now love experimenting with different flavoured vinegars. The sweetness of balsamic adds a lovely flavour and offers a low-calorie drink option when mixed with sparkling water.

YOU WILL NEED:

- Good quality balsamic vinegar, ideally flavoured. Try blackberry or pomegranate blends.
- Sparkling water or club soda.

INSTRUCTIONS:

- Add 1/4 to 1/2 one shot of balsamic vinegar to a champagne flute, depending on how strong you would prefer it.
- Fill the glass with sparkling water or club soda. Stir well.
- Garnish with finely chopped strawberries, blueberries or pomegranate seeds if desired.

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MAKE YOUR OWN

Apple-Maple Spice



A mocktail featuring the warmth of cinnamon, cloves, and nutmeg, complemented by the sweet notes of maple syrup as an ode to my favourite Christmas movie Elf!

YOU WILL NEED:

- 1/2 cup apple cider
- 1 teaspoon pure maple syrup
- 1/8 teaspoon pumpkin pie spice
- Juice of 1/2 an orange
- Ice cubes
- Orange twist and a cinnamon stick for garnish

INSTRUCTIONS:

- Whisk together apple cider, orange juice, maple syrup, and pumpkin pie spice.
- Add ice cubes.
- Garnish with an orange twist or slice and a cinnamon stick.



MAKE YOUR OWN *Vanilla Chai Cheer*



The Vanilla Chai Cheer is a delightful mocktail that fuses robust chai with a touch of aromatic vanilla. It feels like a winter hug in a glass.

YOU WILL NEED:

- 1/2 cup Chai tea
- 1/2 cup almond milk
- 1/2 tsp vanilla extract
- Sprinkle of cinnamon

INSTRUCTIONS:

- Brew tea and add honey to dissolve. Cool tea.
- Add vanilla extract.
- Froth almond milk in separate glass and add 3/4 of the frothed milk to the chai tea.
- Add ice and stir to blend.
- Add remaining frothy almond milk and dust with a pinch of cinnamon for a cozy, spiced treat.



MAKE YOUR OWN

Pomegranate Jingle



The pairing of pomegranate, cranberry, and coconut water is a nice alternative to a carbonated cranberry and soda. Served over ice and garnished with a lime slice, it's a tantalizing mocktail that transports you to a tropical paradise, even in the midst of winter.

YOU WILL NEED:

- 1/2 cup cranberry juice
- 1/4 cup Pomegranate juice (POM brand is ideal)
- 1/2 cup Coconut water
- Lime to taste
- Pomegranate seeds for garnish

INSTRUCTIONS:

- Mix pomegranate and cranberry juice.
- Add coconut water and lime.
- Pour over ice.
- Garnish with pomegranate seeds and a slice of lime.



MAKE YOUR OWN

Festive Sangria



Bursting with a medley of berries and citrus, this take on a traditional sangria doesn't require non-alcoholic wine.

YOU WILL NEED:

- 1 lemon, sliced
- 1 lime, sliced
- 1 orange, sliced
- 1 green apple, chopped
- 1/2 cup strawberries, chopped
- 2 cups cranberry juice
- 2 cups white grape juice
- 1 cup fresh squeezed orange juice
- 1/2 cup fresh squeezed lemon juice
- 4 cups sparkling water water OR lime Bubly

INSTRUCTIONS:

- In a large pitcher, add the lemon slices, lime slices, orange slices, and strawberries. Add cranberry juice, white grape juice, orange juice and lemon juice.
- Stir well and refrigerate until ready to use.
- Just before serving, add the sparkling water or lime soda. Mix well.



MAKE YOUR OWN

Winter Solstice Sparkler



A mocktail that brings together the zing of citrus with the herbal essence of jasmine to create a unique flavour that is the perfect mocktail to sip on to welcome the Winter Solstice.

YOU WILL NEED:

- 1/2 cup jasmine tea (cooled)
- 1/4 cup pomegranate juice
- 2 Tbsp. fresh squeezed orange juice
- 1 tablespoon agave syrup
- Sparkling water
- Ice cubes
- Orange slices and thyme sprigs for garnish

INSTRUCTIONS:

- In a shaker, combine orange juice, cooled jasmine tea, pomegranate juice, and agave syrup and ice. Shake well.
- Strain the mixture into a glass filled with ice.
- Top with sparkling water for effervescence.
- Garnish with orange slices and thyme sprigs.



MAKE YOUR OWN

Gingerbread Cookie Crush



A mocktail that captures the essence of gingerbread cookies. With the rich flavours of ginger, cinnamon, and a hint of sweetness, this festive concoction is topped with a velvety layer of frothy almond milk, reminiscent of the icing on a gingerbread treat.

YOU WILL NEED:

- 1 cup brewed cinnamon-infused herbal tea (cooled)
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- 1 tablespoon pure maple syrup
- 1/4 cup almond milk (frothed)
- Ice cubes
- Gingerbread cookie crumbs for rimming (optional)
- Ground cinnamon for garnish

INSTRUCTIONS:

- Brew tea and let it cool to room temperature.
- In a shaker, combine the cooled tea, ground ginger, ground cinnamon, and maple syrup. Shake well.
- Rim the glass with gingerbread cookie crumbs if desired.
- Fill the glass with ice and pour the tea mixture over the ice.
- Mix in 3/4 of the frothed milk and stir.
- Top with remaining frothed almond milk.
- Sprinkle ground cinnamon and crushed cookies on top.



MAKE YOUR OWN

Frosty Berry Bliss



Dive into the refreshing delight of Frosty Berry Bliss—a vibrant mocktail blending mixed berries, a splash of lime, and sparkling water.

YOU WILL NEED:

- Handful of strawberries and raspberries
- Sparkling water
- 1 Lime
- Crushed ice

GARNISH OPTIONS:

- Garnish with a whole berries and a sprig of rosemary or a festive berry skewer.

INSTRUCTIONS:

- Muddle berries and add juice of one lime.
- Add crushed ice to fill the glass.
- Top with sparkling water, and finish with whole berries and a slice of lime.



MAKE YOUR OWN

Minty Snowflake Spritzer



This mocktail is minty and refreshing with added hydration from the cucumber. The elderberry tonic adds a nice hint of floral flavour.

YOU WILL NEED:

- Few sprigs of fresh mint leaves
- 4 cucumber slices
- Elderflower tonic water (I prefer Fever Tree)
- Candy cane
- Ice cubes

INSTRUCTIONS:

- Muddle mint and cucumber in a glass measuring cup.
- Add ice and elderflower tonic and stir gently.
- Strain mixture into glass filled with ice.
- Garnish with a mint sprig and a candy cane.

Hi, I'm Laura

I'm a Business & Well-Being Mentor for Women.

I help women see what's possible for them, simplify the path forward, and support them in taking action to create their best life.



My Journey

Like many women, in my early forties, I started feeling like alcohol was no longer agreeing with my body, but I couldn't imagine quitting drinking as it was such a part of my social life.

After hitting a breaking point, in August of 2020, I took a mindset-based approach to "trying on" going alcohol-free in a quest to feel better.

Today, over 3 years later, I live happily alcohol-free and have experienced so many benefits after quitting alcohol.

I am now sharing what I've learned to guide other women through the journey of shifting to an alcohol-free lifestyle.

Let's Stay Connected

Sign up for my mailing list at www.lauravalvasori.com.

Follow me online on [Instagram](#) and [TikTok](#) at @laura_valvasori

Connect on [LinkedIn](#)

Email me at: me@lauravalvasori.com



LAUNCHING FEBRUARY 1, 2024!

Still Me, But Alcohol-Free is a 6-week program, designed for women, to guide you through "trying on" going alcohol-free with the right mindset, tools, and support to help you be successful.

Visit www.lauravalvasori.com/still-me-alcohol-free



Education

Learn from someone who has been through the journey to simplify the process and increase your chances of being successful.



Community

Transitioning to an alcohol-free lifestyle can feel lonely, but you don't have to do it alone. Surround yourself with support and make it fun!



Energy Healing Support

Supporting your journey to going alcohol-free by including group distant Reiki sessions and the option for a discounted Emotion Code session.