

Mocktail *Magic*

Herbal Recipes
for Sober Sipping



APOTHÉKARY

The Herbal Mocktail Handbook



The sober curious movement isn't a wellness fad, it's here to stay. Did you know that 1 in 3 Americans are looking to drink less and you may be one of them! Kudos to you for taking a huge step towards your health and wellness. Now is the best time.

The long-term harmful health effects of alcohol are just coming to light. According to recent studies,

drinking too much alcohol has been associated with an increased risk of heart disease, stroke, liver issues, digestive problems, and even cancer.

At Apothékary, we're on a mission to get you well—for good—using nature's best remedies. That's why our Clinical Herbalist-crafted alcohol alternatives do exactly the opposite of traditional alcohol.

Instead of damaging your liver, the herbs in our formulas help protect liver health. Instead of harming your heart, the polyphenols and antioxidants in the herbs we use promote cardiovascular wellbeing. And instead of spiking blood sugar and causing sleepless nights, the herbs in our formulas contain no sugar, no calories, and help you fall asleep and wake up feeling refreshed.

With this mocktail booklet in hand, you'll not only support your overall wellbeing, but you'll make your sober curious journey that much more fruitful and delicious. So sip back, relax, and let the herbs work their magic in your mocktails.

Cheers!

ft. Take the Edge Off™

Stress & Tension Support

On the *Spritz*

If your nerves are feeling on the fritz, quench your thirst with this herbal spritz. A touch of grape and a dousing of bubbles—with just one sip, there goes your troubles.

Ingredients

- 1-2 full droppers of Take the Edge Off™
- ¼ cup white grape juice (add more, to taste)
- ¾ cup sparkling water

Directions:

1. Pour grape juice and sparkling water into your favorite wine glass.
2. Add 1-2 droppers of Take the Edge Off™ and stir to combine.
3. Sip back and relax.





ft. Take the Edge Off™
& Stop Your Wine-ing®

Stress & Relaxation Support

Straight- Laced Toddy

The weather is cold and frightful, but this mocktail is so delightful. There's no buzz that'll leave you reeling. Just liquid delight that'll soothe your feelings.

Ingredients

- 2 full droppers of Take the Edge Off™
- 2 tsp Stop Your Wine-ing®
- 1 ½ cups water
- 1 cup red fruit juice (tart cherry, pomegranate, or cranberry)
- 2 cinnamon sticks (or ½ tsp cinnamon powder)
- 1 tbsp grated fresh ginger (or ¼ tsp ginger powder)
- 1 tbsp cardamom pods (or ¼ tsp cardamom powder)
- 1-2 slices orange peel or slices (dry or fresh)

Directions:

1. Mix juice and water in a small pot, then add spices
2. Bring to a gentle simmer for 15-25 minutes (longer if using whole spices)
3. Turn off heat
4. If using whole herbs, strain herbs; if using powdered herbs, you can keep them in the beverage
5. Add Stop Your Wine-ing® to the pot and froth or whisk for 20 seconds until well combined
6. Pour into mugs, then top with 1 full dropper of Take the Edge Off™ in each mug
7. Serve and enjoy while warm

ft. Wine Down™

Stress & Sleep Support

Red Wine Sangria

The rosy red nightcap of your dreams. Cranberry juice, herbs, and fruits are all you need. Drop in Wine Down™ to feel the calm, then slip into relaxation all night long.

Ingredients

- 1-2 full droppers Wine Down™
- ½ cup of cranberry juice
- ¼ cup of sparkling water (or to preference)
- The juice or 1 orange slice or 2 tbsp of orange juice
- Fruit of choice (apples, blueberries, strawberries, chopped—optional)
- ½-1 tsp of sweetener of choice
- Ice

Directions:

1. In a shaker, combine cranberry juice, Wine Down™, sweetener, orange juice, and ice until combined.
2. In a glass filled with iced, pour in mixture, fruit, and top with sparkling water.
3. Mix and enjoy!





ft. Wine Down™

Stress & Sleep Support

Tart Cherry Sleep Support Elixir

Rest, recover, and repeat. This tart cherry tonic is a total body treat. Calm muscle tension and ease physical pain, while replenishing electrolytes, so you can hit the gym again.

Ingredients

- 1-2 full droppers Wine Down™
- 1 tsp magnesium glycinate powder (or your favorite powdered magnesium)
- ½ cup tart cherry juice
- 1 tsp honey or sweetener of juice (optional)
- ½ cup sparkling water
- Squeeze of fresh lime

Directions:

1. Mix tart cherry juice, tincture, magnesium powder, and sweetener in cup until combined.
2. Fill a cup with ice, pour over the juice mixture, and top with sparkling.
3. Top with a squeeze of fresh lime juice, mix well, and enjoy!

ft. Take the Edge Off™ & Rosé-Tinted Glasses™

Stress & Mood Support

Rosé Cosmo

An intergalactic herbal elixir that will put the stars in your eyes. Full of tension tamers and mood-boosters, you'll love more blissful days and evening soothers.

Ingredients

- 1 oz sparkling water
- 1 full dropper Take the Edge Off™
- 1 full dropper Rosé-Tinted Glasses™
- 1 oz simple syrup
- ½ oz orange juice
- 1 ½ oz cranberry juice
- Orange twist
- Ice

Directions:

1. In a shaker, combine all ingredients, add ice, and shake until well chilled.
2. Strain into a chilled glass and garnish with an orange or lime twist.





ft. Rosé-Tinted Glasses™

Skin & Mood Support

Rosewater Coconut Rosé

A tropical twist on classic rosé. You'll love putting the booze away. Put on your Rosé-Tinted Glasses™ and sip away your sass with this easy, breezy summer vibe in a glass.

Ingredients

- 1-2 full droppers Rosé-Tinted Glasses™
- Crushed ice
- 2 tbsp rosewater
- ¼ cup fresh raspberries (plus a few additional for garnish)
- ½ cup unsweetened coconut milk
- Plain sparkling or sparkling coconut water

Directions:

1. Divide the berries among two rocks glasses and gently crush
2. Top berries with crushed ice
3. Stir together coconut milk, agave, rosewater, and Rosé-Tinted Glasses™ in a separate glass
4. Pour mixture over ice into rocks glasses, top with sparkling water, and gently stir to combine
5. Garnish with raspberries and enjoy

Ingredients

- 4 full droppers Never Been Bitter™
- 1 black tea bag or 1 serving loose leaf
- 1 cup water
- 1 orange
- Maraschino cherries
- 2 old-fashioned glasses
- 2 large ice cubes
- 2-3 tsp brown sugar or 4 sugar cubes

Directions:

1. Boil 1 cup of water
2. Pour over a black tea bag and let it steep for 4-5 minutes; discard the tea bag
3. Let tea cool in the fridge until you are ready to use it**
5. Cut the orange into 4 slices and peel off the rind
6. Place 2 orange slices, desired sugar quantity, and 2 full droppers of Never Been Bitter™ into two old-fashioned glasses
7. Mix until well combined
8. Add ½ cup of tea to each glass, stir well
9. Add 1 large ice cube to each glass or several small cubes

ft. Never Been Bitter™

Gut & Digestive Support

Old Fashioned Mocktail

Tonight's the night for old-fashioned glamor but this herbal mocktail won't make you clamor. With the perfect combo of bitter and spice, your mocktail dreams will come to life.



ft. Never Been Bitter™

Gut & Digestive Support

Probiotic Ginger Soother

Follow your gut to brighter pastures. This soothing elixir has the answers. A rubble and a bubble with a digestif touch, this tonic is sure to calm your gut.

Ingredients

- 1-2 full droppers Never Been Bitter™
- ½ cup still or sparkling water
- ½ cup ginger kombucha (or your favorite kombucha)
- 2 tbsp pomegranate seeds for garnish (optional)

Directions:

1. Simply mix together all the ingredients
2. Add sparkling water and pomegranate seeds for garnish and serve over ice

Liver Lover Juice

Veggie goodness with ginger and lime brings you back to balance and feeling divine. Sip slowly on this citrusy refresher to bring some love back to your liver.

Ingredients

- 2 full droppers Your Wildest Greens™
- 1 cucumber, chopped
- 2 ribs celery, chopped
- 1 inch piece raw ginger
- 1 lemon, lime or half a grapefruit, peeled

Directions:

1. Add cucumber, celery, citrus, and ginger to a juicer
2. Pour juice into a glass, add droppers of Your Wildest Greens™, stir well, and enjoy

ft. Your Wildest Greens™

Immune & Nutrient Support



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ft. Your Wildest Greens™

Nutrient & Digestive Support

Minty Matcha Refresher

A minty fauxjito to make you matcha-cha-cha. Flowing with energy, nutrients, and greens, this tonic makes your to-do list more accomplishable than it seems.

Ingredients

- 2 full droppers Your Wildest Greens™
- 1 tsp matcha
- 1 ½ cups of ice
- ½ tsp fresh lime juice
- ½ tsp organic maple syrup
- 16 oz of sparkling water
- 2-3 fresh mint leaves

Directions:

1. Add ice to a shaker
2. Slightly crush mint leaves between palms to release flavors and then add to the shaker
3. Add matcha, lime, maple syrup, sparkling water, and Your Wildest Greens™
4. Shake until matcha is fully blended and the flavors mix (about one minute)
5. Pour through a strainer into your cup and enjoy



Ingredients

- 1-2 tsp Blue Me Away™
- 2 oz pineapple juice
- 2 oz coconut water
- 2 oz cream of coconut
- 1 tbsp fresh lemon or lime juice
- 1-2 tsp maple syrup or simple syrup (optional)
- Ice

** Garnish option: toothpicks (or woody rosemary stems) for fresh pineapple chunks and/or maraschino cherries (any pitted, soaked cherry), or fresh lemon or lime wedge

Directions:

1. Pour pineapple juice, coconut water, cream of coconut, and lemon or lime juice into a shaker followed by Blue Me Away™
2. Pour over ice, add a dollop of cream of coconut and stir
3. Garnish with cherries and enjoy

ft. Blue Me Away™

Caffeine-Free Energy Support

Blue Velvet *Creamsicle* Mocktail

A dreamy creamy popsicle in a glass. Your energy and clarity will be impossible to pass. Drop in the blue powder with a tropical touch, and watch stagnant energy turn to dust.





ft. Stop Your Wine-ing®

Stress & Tension Support

Merry Berry Mojito

No more whining at the holiday soiree. This berry-rich fauxjito won't lead you astray. With a minty-fresh finish left behind, you'll be feeling very merry without the wine.

Ingredients

- 1-2 tsp Stop Your Wine-ing®
- ¼ cup blueberries (or strawberry, blackberry)
- 5-10 mint leaves
- 1 oz simple syrup or 1 tsp honey diluted in 1 oz of warm water
- 1 ½ oz fresh squeezed lime juice
- Sparkling water

Directions:

1. Muddle berries, syrup or honey, and mint leaves until the mint leaves are well broken down in a wide glass/jar or cocktail shaker.
 2. Add lime juice and Stop Your Wine-ing® and shake well**
 3. Pour mix into glass, add ice, and top with sparkling water.
- **If you don't have a cocktail shaker, a mason jar works great

Ingredients

- 1-2 tsp Mind Over Matter™
- 1 tsp cinnamon
- 1-3 tsp maple syrup (optional)
- 8 oz can espresso, chilled (any flavor you prefer)
- 2 tbsp heavy cream, or coconut cream
- Ice
- Garnish Options: Dark chocolate bar (grated/shaved), chocolate covered espresso beans, cinnamon

Directions:

1. Place Mind Over Matter™, cinnamon, maple syrup, heavy cream, and espresso into a cup and froth with a high-powered frother until combined.
2. Chop your chocolate bar into tiny bits and set aside.
3. In a martini glass, pour the espresso mixture in.
4. Sprinkle chocolate bits or your garnish of choice on top and enjoy!

ft. Mind Over Matter™

Focus & Vitality Support

Feelin' *Focused* Espresso Martini

Stay fresh and focused with a martini in your hand. This French-inspired espressotini calms the mind, body, and spirit from the day's demands.





ft. Rosé-Tinted Glasses™

Energy & Stress Support

Slay-tini

Slay the day from dusk 'til dawn. This chocolate martini will have you going all night long. Just brew, blend, and give it a shake, this energizing mocktail is no mistake.

Ingredients

- 1 tsp Slay All Day™
- 1 oz cold brew coffee or espresso
- 1 oz oat milk (or whatever you prefer with coffee)
- ½ oz agave
- ⅓ of a banana

Directions:

1. Grab your cocktail shaker and add 1 teaspoon of Slay All Day™
2. Toss in ⅓ of a ripe banana and add all of your liquid ingredients
3. Fill the shaker up with ice and shake hard until the drink is well chilled and the banana is integrated into the mix
4. Strain liquid into a martini glass and enjoy

Optional: Drizzle chocolate syrup in a martini glass and chill it in the freezer or shave chocolate over the cocktail to garnish before serving.

Now you're a
mighty mixologist!

Keep the delicious mocktails coming by visiting our shop.



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