31 TO RECIPES TO SURVIVE SOBER OCTOBER
31 days of no alcohol?!

We thought the same thing before our first Sober October. What about weekday wine o’clock, Saturday date night, brunch Bloody Marys?

Not gonna lie — it’s hard. But it’s worth it. Taking a conscious month gives you superpowers. You’ll sleep like Judy Garland and work out like Dwayne Johnson. Your clothes will fit better and your eyes will shine brighter.

Not ready to commit to the whole thing? You do you. Nothing wrong with trying Semi-Sober October.

Either way, we’re here to help with 31 delicious alternatives to delicious originals.

*Keep Calm and Enjoy The Ritual.*
ALL DAY MARGARITA

The undisputed champ of tequila cocktails in its most classic form. This version is made with orange juice instead of triple sec, but you can leave out the triple sec for a low-abv marg if you like. Or take the fast lane with a high quality (repeat: high quality) mix. Make it frozen or on the rocks. Standard or spicy. Throw in some fresh herbs if the mood strikes.

2 OZ. RITUAL TEQUILA ALTERNATIVE
1 OZ. ORANGE JUICE (LOW-ABV: TRIPLE SEC)
1 OZ. FRESH LIME JUICE
1/2 OZ. SIMPLE SYRUP
LIME SLICE OR WEDGE

Combine all ingredients in a shaker with ice. Shake, shake, shake. Now, the real question: to salt, or not to salt? Your marg, your call.
#02

**SWEET & SOUR**

This zero-proof wonder ziggs up one side of your taste buds and zags down the other. Sweet simple syrup plays off the citric tang of fresh lemon, while the egg white lends body and foam. Thrown by the raw egg? No problemo. You can avoid it by substituting one ounce of chickpea juice — also known as aquafaba. Really. Cheers!

**2 OZ. RITUAL WHISKEY ALTERNATIVE**

**3/4 OZ. LEMON JUICE**

**1/2 OZ. SIMPLE SYRUP**

**1 EGG WHITE**

**LEMON SLICE OR WEDGE**

Combine all ingredients in an ice-filled shaker and shake until frothy. Strain into a cocktail glass and garnish with a lemon slice.
Originally called Damn the Weather, the non-alc version of this Prohibition-era cocktail is somewhat less annoyed by whatever’s happening outside. Ironically, this is actually a bright and sunshiny, orange-forward drink — especially if you add an orange twist. We sub white grape juice in for the sweet vermouth and orange-infused simple syrup for the curacao/triple sec.

**2 OZ. RITUAL GIN ALTERNATIVE**

**1 OZ. WHITE GRAPE JUICE (LOW-ABV: SWEET VERMOUTH)**

**1 OZ. ORANGE JUICE**

**3 DASHES ORANGE-INFUSED SIMPLE SYRUP**

*(LOW-ABV: WHITE OR YELLOW CURACAO, OR TRIPLE SEC)*

**ORANGE SLICE OR TWIST, OPTIONAL**

Combine all ingredients in a shaker with ice. Shake well and strain into a coupe. Garnish with an orange twist, if desired.
If you haven’t yet made your own simple syrup, take the plunge. It’s easy, and the rosemary really adds something special. Heat one cup of sugar, one cup of water and two large rosemary sprigs, stir until the sugar dissolves, then let cool and remove the rosemary. We’re told it will keep in the fridge for weeks, but ours never lasts that long.

2 OZ. RITUAL GIN ALTERNATIVE

3 OZ. RUBY RED GRAPEFRUIT JUICE

1 OZ. ROSEMARY SIMPLE SYRUP

TONIC OR SODA WATER

ADDITIONAL ROSEMARY SPRIG, FOR GARNISH

Combine the first three ingredients in a shaker with ice, and shake vigorously. Strain into a tall glass with additional ice and top with tonic or soda. Garnish with rosemary and prepare for applause.
A great place for any whiskey lover to start. The concept couldn’t be simpler: make an Old Fashioned exactly as you normally do, only using Ritual. Boom. Done. Zero-proof cocktail perfection.

2 oz. Ritual Whiskey Alternative
1 dash plain water
2 dashes bitters
1 oz. simple syrup
Orange slice and cherry

No amount of physical contact could match the healing powers of a well made cocktail.

- David Sedaris
THE PALOMA

It’s arguably the most popular cocktail in Mexico, and for good reason. Bright, fresh, and simple, the Paloma transitions seamlessly from day to night. Fresca and LaCroix both work for grapefruit soda, but go with the classic Jarritos if it’s available. Serve in whatever you have on hand.

2 OZ. RITUAL TEQUILA ALTERNATIVE
½ OZ. LIME JUICE
4 OZ. GRAPEFRUIT SODA

Pour Ritual Tequila Alternative and lime juice into a glass with ice. Top with soda and garnish with lime.
SMOOTH LANDING

This non-alc version of the classic Aviation calls for cherry juice in place of Maraschino liqueur and lavender simple syrup in place of Creme de Violette, but you can leave them in for a low-abv version. The result is a bright and complex cocktail that’s even smoother than the real thing. Please fasten your seatbelts and thank you for flying Ritual Airways.

2 OZ. RITUAL GIN ALTERNATIVE
3/4 OZ. LEMON JUICE
1/2 OZ. CHERRY JUICE (LOW-ABV: MARASCHINO LIQUEUR)
1/4 OZ. LAVENDER SIMPLE SYRUP (LOW-ABV: CREME DE VIOLETTE)
CHERRIES FOR GARNISH

Shake well with ice, strain into a glass and garnish with cherries, preferably brandied.
It’s been one week since you’ve had a drink. Nice.

And we bet you’re feeling pretty good. Odds on, you’ve probably also felt like, “Damn, I could really go for a stiff cocktail.” We know the feeling. But your body and your mind are thanking you. Keep it up!
This zero-proof riff on the classic Penicillin is good for whatever ails you. The ginger gives it an extra shot of flavor and added mouthfeel. Don’t have ginger syrup? Make your own by simmering peeled ginger with water and sugar. It’s a good ingredient to have on hand if you like to experiment. The doctor is in.

Shake all ingredients with ice and strain into a tall glass with additional ice. Top with a little more Ritual Whiskey Alternative. Garnish with citrus slices and a cherry.
The tequila-based version of a Bloody Mary takes inspiration from the original vodka or gin bloody with a south-of-the-border flair. For this non-alc version featuring our Tequila Alternative, we substitute the traditional Tabasco and lemon for Tapatio and lime. Garnish with roasted jalapeno, chorizo, escabeche, even a section of a quesadilla if you like, and you have yourself a meal in (and on) a glass.

**BLOODY MARIA**

2 oz. Ritual Tequila Alternative  
4 oz. Tomato Juice  
2 dashes Worcestershire Sauce  
A few dashes of hot sauce  
2 tsp prepared horseradish  
1 lime wedge  
1 pinch chipotle salt  
1 pinch black pepper  
1 pinch smoked paprika  
Roasted jalapeño, pepper jack cheese and additional lime wedge

Roll the moistened rim of a pint glass in chipotle salt. Set aside. Squeeze the lime wedge into a shaker with ice. Add the remaining ingredients and shake. Strain into a prepared pint glass with ice. Garnish with your favorite snacks.
With roots in Sausalito, the classic Tequila Sunrise is a Bay Area dawn in a glass. Orange juice, grenadine, and Ritual Tequila Alternative form a classic cocktail that looks way too good to be so simple. Sure, you don’t have to pour the grenadine slowly over a spoon for the sunrise effect. And you don’t have to upgrade from a Collins glass to something snazzy and tropical. But come on. You know you want to.

### SUNRISE & SHINE

Pour Ritual Tequila Alternative and orange juice into a highball glass over ice. Stir to combine. Pour in grenadine, slowly over the back of a spoon. Garnish with an orange slice and maraschino cherry.
The Ginless Gimlet is one of our favorite zero-proof recipes, tangy and tasty enough to quench any thirst. Give it a shake and see if it doesn’t return the favor.

3 OZ. RITUAL GIN ALTERNATIVE
1 OZ. LIME JUICE
1 OZ. SIMPLE SYRUP
LIME SLICE

Fill a shaker with ice and combine all ingredients. Shake, shake, shake. Pour into a cocktail glass and garnish with lime. Sip, enjoy, repeat.
That’s what I do. I drink and I know things.

- Tyrion Lannister
#12

THE MATADOR

The Matador cocktail has evolved over the years. Bartender William J. Tarling is credited with the first iteration in the late 1930s when the first shipments of tequila arrived in the UK. The second iteration, most commonly enjoyed today, was popularized in the 1970s by tiki legend Trader Vic — hence the addition of pineapple juice. It’s a cocktail that’s gone through many names and formulations, and our non-alc version is the latest in a long line of remixes.

2 OZ. RITUAL TEQUILA ALTERNATIVE
2 OZ. PINEAPPLE JUICE
3/4 OZ. FRESH LIME JUICE
1/2 OZ. SIMPLE SYRUP
1 DASH BITTERS
LIME WHEEL FOR GARNISH

Add ingredients into a cocktail shaker with ice. Shake shake shake shake. Strain into a chilled flute. Garnish with lime wheel.
This non-alc version of the classic Rob Roy has unsweetened red grape juice, but you can opt for the traditional sweet vermouth for a low-abv mix. And if you want to remove any trace of alcohol, look into zero-proof bitters. There are some quality small batch versions available online.

Put all ingredients into a shaker filled with ice. Stir until well chilled and pour into a glass, with or without additional ice.
First there was the Whiskey Sour. Then the Tequila Sour. And now, the non-alc Tequila Sour. This version incorporates lime along with lemon juice for a bit of Mexican flair. As always, you can make this drink vegan by substituting the egg whites with aquafaba (chickpea juice). Whichever way you go, we recommend that you start with a dry shake (sans ice) to build up the froth, then add ice to finish the job.

2 OZ. RITUAL TEQUILA ALTERNATIVE
1 OZ. LEMON JUICE
1/2 OZ. LIME JUICE
2 TEASPOONS SIMPLE SYRUP
2 DASHES BITTERS
1 EGG WHITE
MARASCHINO CHERRY AND LIME WEDGE FOR GARNISH

Add ingredients to a cocktail shaker without ice. Shake for 15 seconds. Add ice. Shake again for 30 seconds. Strain into a rocks glass. Garnish with cherry and lime.
We’re halfway there.

We’ll make it. I swear! For those of you who are crushing Sober October, keep it going.

For those of you who are struggling and may scrap it, we’re going to propose a compromise. Many of the recipes here can be made low-abv. With supporting spirits like vermouth and triple sec, you’ll have the choice to add just a touch of proof to your drink.

Think of ‘em as Cheat Days, only don’t feel even a little guilty. You’re kicking ass and taking names.

And hey, if you’re running low on Ritual, let us help you out. Use the code OctoberRockstar at RitualZeroProof.com for 15% off any bottle.
GIN

BLOODY

Bloody Marys are made for the morning after a long night. It’s Sunday and you’re hungover. The salt replenishes your electrolytes. The booze gives you the hair of the dog you need to proceed through the day. But you were drinking Ritual last night, so you don’t need the hangover cure this morning ;)

2 OZ. RITUAL GIN ALTERNATIVE
4 OZ. TOMATO JUICE
2 DASHES WORCESTERSHIRE SAUCE
A FEW DASHES OF TABASCO, TO TASTE
2 TSP PREPARED HORSERADISH
1 LEMON WEDGE

1 PINCH CELERY SALT
1 PINCH BLACK PEPPER
1 PINCH SMOKED PAPRIKA
4 OZ. NEAR BEER SNIT
MEAT, CHEESE AND VEGETABLE GARNISH

Roll the moistened rim of a pint glass in celery salt. Squeeze the lemon wedge into a shaker with ice. Add the remaining ingredients and shake. Strain into prepared pint glass with ice. Serve with 4 oz. of N/A Beer. Garnish according to level of hunger.
By most accounts the Bourbon Champagne Cocktail was born at the Seelbach Hotel in Louisville, Kentucky — yes, the famous Seelbach hotel from *The Great Gatsby*. Our non-alc version uses our Whiskey Alternative in place of bourbon, sparkling cider in place of champagne, orange juice in place of triple sec. But go ahead and leave any of those in to make it a low-abv version of the classic.

In a cocktail shaker filled with ice, combine Whiskey Alternative and orange juice. Shake gently. Strain into a champagne flute. Top with bitters, then sparkling cider. Garnish with an orange twist.
THE LAST WORD

The Last Word is a prohibition-era cocktail originally developed at the Detroit Athletic Club. It experienced a resurgence in popularity in the early to mid aughts when Murray Stenson of Zig Zag Cafe rediscovered the recipe and made it a cult hit in the Seattle area. The taste is a balance of sour, sweet and herbal. This non-alc version uses our Gin Alternative, cherry juice in place of maraschino liqueur, and herbed simple syrup in place of green chartreuse. You can make your own herbal syrup at home. We like using lemon verbena, lavender, rosemary, basil, and mint in various combinations. Experiment away!

3/4 OZ. RITUAL GIN ALTERNATIVE
3/4 OZ. HERBAL SYRUP (LOW-ABV: GREEN CHARTREUSE)
3/4 OZ. CHERRY JUICE (LOW-ABV: MARASCHINO LIQUEUR)
3/4 OZ. FRESH LIME JUICE
MARASCHINO CHERRY FOR GARNISH

Add all ingredients into a shaker with ice. Shake shake shake. Double strain into a chilled coupe glass.
If you were to ask me if I’d ever had the bad luck to miss my daily cocktail, I’d have to say that I doubt it; where certain things are concerned, I plan ahead.

- Luis Bunuel
Most of us drink Mint Juleps once a year — during the Kentucky Derby, of course. But it’s a cocktail that deserves more than just a day in the spotlight. Our zero-proof version has all the sweet and herbaceous qualities of the original, with the warmth and smokiness of our Whiskey Alternative. It’s okay in a rocks glass, but we recommend the classic pewter cup, piled high with crushed ice.

**2 OZ. RITUAL WHISKEY ALTERNATIVE**

**1/4 OZ. SIMPLE SYRUP**

**8 MINT LEAVES**

**2 DASHES BITTERS**

**MINT SPRIG AND BITTERS FOR GARNISH**

Lightly muddle the mint and syrup in a julep cup or rocks glass. Add the Whiskey Alternative and pack tightly with crushed ice. Stir until the cup is frosted on the outside. Top with more crushed ice to form an ice dome and garnish with a mint sprig and a few optional drops of bitters.
GIN & JUICE

We don’t recommend that you roll down the street smoking indo. But, unlike its full-proof counterpart, you could certainly roll down the street drinking this non-alc version of a classic Gin & Juice, made popular of course by the Snoop Dogg song of the same name. Snoop actually learned about the drink from his mom, whose favorite cocktail was a mix of gin and pineapple juice — always from a red Solo® cup. Some people go with a mixture of orange and grapefruit juices. But it really isn’t a Gin & Juice to us without an homage to Snoop’s mom’s recipe.

2 OZ. RITUAL GIN ALTERNATIVE
2 OZ. ORANGE JUICE
2 OZ. PINEAPPLE JUICE

Combine all ingredients in a shaker with ice. Shake shake shake. Strain into an ice-filled glass. Garnish with an orange wheel.
WHISKEY SMASH

The classic Whiskey Smash first appeared in Jerry Thomas’s Bartender’s Guide in 1887. It’s similar to a mint julep, with citrus and a bit less fuss over the presentation. The classic is made with lemon, but you can easily add your choice of citrus to make it your own. And don’t be shy with the muddling. More smash equals more flavor.

2 OZ. RITUAL WHISKEY ALTERNATIVE

3/4 OZ. SIMPLE SYRUP

HALF OF ONE LEMON, CUT INTO WEDGES

8 MINT LEAVES

MINT SPRIG FOR GARNISH

Place mint leaves, lemon, and simple syrup into a cocktail shaker. Smash (muddle). Add the Whiskey Alternative and ice. Shake for 30 seconds. Strain into an Old Fashioned glass with ice. Slap the mint sprig to express oils and garnish.
The Tom Collins is about as classic as it gets. The John Collins opts for whiskey instead of gin, and this non-alc version uses our Whiskey Alternative. Who’s John Collins? Who knows! But we do know that it’s a delicious cocktail. And that’s really all that matters.

Pour the Whiskey Alternative, lemon juice and syrup into a collins glass with ice. Stir thoroughly. Top with club soda. Garnish with cherry and orange slice.
It’s the final countdown.

Just one week left. Have you noticed that a non-alc cocktail makes it easier to get through that six o’clock hump when you really want to wind down with a beverage? The act of preparing, shaking, straining and sipping often scratches that same itch. Isn’t the placebo effect grand? We’re almost there. Finish strong!
HEAT WAVE

This take on a margarita is both spicy and skinny. We made it super low cal by replacing simple syrup with agave nectar — the obvious choice for an agave cocktail. As for the spice, it requires a bit of planning ahead, but it’s totally worth it. Go with a quarter jalapeño infusion, sans seeds, for a mild burn. Leave the seeds for mid-range heat. And scale up from there, if you like a real scorcher.

Pour Tequila Alternative over jalapeño and basil, sliced lengthwise, into a cocktail shaker. Let sit at room temperature for at least 15 minutes. The longer, the spicier. Add lime, orange juice, agave and ice. Shake and pour over ice into a Tajin-rimmed glass. Garnish with jalapeño slices and basil.
This non-alcoholic cocktail recipe calls for Ritual Gin Alternative and lime — the sister cocktail to the Lemon Squeeze with our Gin Alternative. You can also use one ounce of each citrus for a dual citrus kick. It makes a good-sized drink, which you can share with someone or keep all to yourself. Fancy folks can muddle a few mint leaves in place of the extract. Either does the job nicely.

4 OZ. RITUAL GIN ALTERNATIVE
2 OZ. LIME JUICE
1 OZ. WATER
1/2 OZ. SIMPLE SYRUP
3 DASHES BITTERS
1 DROP PEPPERMINT EXTRACT
MINT LEAVES, FRESH AND DRIED LIME WHEELS

Shake all ingredients vigorously with ice. Pour into a tall glass with additional ice and garnish with mint leaves, fresh and dried lime wheels.
The non-alc margarita can be a tough one. You want the citrus complexity of triple sec, but without introducing alcohol. Orange juice does the trick in some recipes, but it can bring unwanted volume and juicy opacity for those who prefer their margs on the light and crispy side. Introducing our friend Bill McDowell – the man with the non-alc margarita plan. Bill infuses his simple syrup with orange zest for all the flavor and none of the bulk, then tops it off with club soda in a chipotle salt-rimmed glass. A little sweet, a little heat. Flavorful, yet light and crispy. It’s the all day, all summer, perfectly balanced marg.

2 OZ. RITUAL TEQUILA ALTERNATIVE
1 OZ. FRESH LIME JUICE
1 OZ. ORANGE-INFUSED SIMPLE SYRUP
2 OZ. CLUB SODA
LIME SLICE OR WEDGE
CHIPOTLE SALT (OPTIONAL)

Simmer the zest of an orange in a 1:1 simple syrup for five minutes. Combine Ritual Tequila Alternative, lime juice and orange simple syrup in a shaker with ice. Shake shake shake. Pour over ice into a chipotle salt-rimmed rocks glass. Top with club soda. Garnish with lime.
Drinking is a way of ending the day.

- Ernest Hemingway
For those who like the sweet and tangy taste of lemonade with a kick, our non-alc take on the Lemon Drop martini has you covered. This recipe can be your summer afternoon go-to when you’re on the porch or poolside, or the perfect mocktail to start or end your evening. For those with a thirst for something low-abv, reduce it to three ounces of our Gin Alternative and add an ounce of triple sec.

3 OZ. RITUAL GIN ALTERNATIVE
1 OZ. LEMON JUICE
1 OZ. SIMPLE SYRUP
LEMON SLICE OR TWIST

Fill shaker with ice, Ritual, triple sec, lemon juice and simple syrup. Shake. Strain into a chilled glass. Add lemon garnish.
This non-alcoholic cocktail recipe calls for Ritual Whiskey Alternative and lemon – the sister cocktail to the Lime Squeeze with our Gin Alternative. You can also use one ounce of each citrus for a dual citrus kick. It makes a good-sized drink, which you can share with someone or keep all to yourself. Fancy folks can muddle a few mint leaves in place of the extract. Either does the job nicely.

### LEMON SQUEEZE

4 OZ. RITUAL WHISKEY ALTERNATIVE  
2 OZ. LEMON OR LIME JUICE  
1 OZ. WATER  
1/2 OZ. SIMPLE SYRUP  
3 DASHES BITTERS  
1 DROP PEPPERMINT EXTRACT  
MINT LEAVES, FRESH AND DRIED LEMON WHEELS

Shake all ingredients vigorously with ice. Pour into a tall glass with additional ice and garnish with mint leaves, fresh and dried lemon wheels.
Cocktails don’t get more classic than the gin martini. And if it happens to be your regular drink, chances are no one makes it better than you. So follow your favorite recipe and simply substitute Ritual Gin Alternative for regular gin. But, if you’re new here and looking for a good place to start — one from which you can begin adjusting ingredients and proportions until you’ve reached something that tastes just right — this one is as good as any. This non-alc martini opts for unsweetened white grape juice in place of the dry vermouth, but you can keep the vermouth for a low-abv version.

3 OZ. RITUAL GIN ALTERNATIVE
1/2 OZ. UNSWEETENED WHITE GRAPE JUICE (LOW-ABV: DRY VERMOUTH)
OLIVES, LEMON TWIST OR COCKTAIL ONION

Fill a shaker with ice, Ritual and vermouth. (Make it dirty with 1/2 oz. olive brine). Shake or stir according to your preference. Strain into a chilled glass. Add garnish of your choice.
Our neighbors to the north keep asking when they’ll be able to get Ritual. Rest assured, we are working on it. Until that happy day when we can officially cross the border, we offer this small token of our gratitude and esteem. You can omit the bitters to lose any trace of alcohol, or add cognac in place of one and a half ounces of the Whiskey Alternative for a low-abv version.

3 1/2 OZ. RITUAL WHISKEY ALTERNATIVE
1 OZ. ORANGE JUICE (SQUEEZE OF 1/2 ORANGE)
1/2 OZ. LIME JUICE (SQUEEZE OF HALF LIME)
1/4 OZ. MAPLE SYRUP
4 DASH BITTERS
ORANGE TWIST

Shake and serve over ice. Garnish with orange twist.
The “fizz” family of cocktails first appeared in the appendix of Jerry Thomas’s Bartender’s Guide of 1876, and took off in popularity in the United States between 1900 and the 1940s. Known as a hometown specialty of New Orleans, the Gin Fizz is the quintessential expression of this category. Our zero-proof version with our Gin Alternative includes egg whites, but you can easily sub in aquafaba (chickpea juice) or just skip it altogether. But we do recommend it if you like that signature frothy and bubbly mouthfeel.

#29

GIN FIZZ

Pour the Gin Alternative, lemon juice, simple syrup, and egg white (or aquafaba) into a shaker. Shake for 30 seconds. Add ice. Shake for another 15 seconds. Strain into a chilled highball glass over fresh ice cubes. Top with soda and garnish with lemon peel.
Red bitter soda is one of several Italian sodas that can give non-alcoholic drinks a depth of flavor not available from their American counterparts. In other words, this is not your father’s red pop.

**BITTER RASPBERRY COLLINS**

2 oz. Ritual Whiskey Alternative
1/2 oz. Raspberry Syrup (buy or make your own)
1/2 oz. Lemon Juice
Red Bitter Soda (available in stores and online)
Orange slice and/or raspberry

Combine first three ingredients with ice and shake until chilled. Pour into a glass with additional ice and top with red bitter soda. Add orange slice and/or raspberry.
#31

MEXICAN MULE

Everyone knows the Moscow Mule. Crisp and refreshing with the bite of ginger beer and tang of lime. While it has origins in one of the world’s coldest climates, it’s actually a perfect sipper for a hot sunny day. So it’s no surprise that the Mexican Mule has become a popular riff on this classic. Our zero-proof version with our Tequila Alternative lends a smoky quality to the sweet and tart ginger beer and lime. Cheers!

2 OZ. RITUAL TEQUILA ALTERNATIVE
1/2 OZ. LIME JUICE
4 OZ. GINGER BEER
LIME WEDGES (GARNISH)

Fill a copper mug or tumbler with ice. Add all ingredients. Stir and garnish with lime wedges.
Holy $*$%@ you did it!

Was there ever a doubt? Well... probably. But aren’t you glad you got all the way through?

We’re not anti-alcohol over here, we’re pro-balance. And after abstaining for a month, we return to our normal routines with a more conscious perspective on the role of alcohol in our lives. It’s always a choice. And when you don’t choose one of your full-proof favorites, we hope you continue to choose Ritual.

But for now, go drink something strong. You deserve it. Cheers and congrats!