



SIP & SAVOR

THE ULTIMATE TEA
MOCKTAILS EXTRAVAGANZA

RECIPES EBOOK



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Contents

Introduction
Page 1

Citrus Tango
Page 2

Strawberry Citrus Kick
Page 3

Berry Botanical
Page 4

Spiced Cranberry Sangria
Tea
Page 5

Sweet Tea Sangria
Page 6

Elderberry Wine
Page 7

Peach Bellini
Page 8

Turmeric Tonic
Page 9

Dessert Saga
Page 10

Mango Tango
Page 11





Introduction



Welcome to the world of Tea Mocktails, where creativity meets refreshment in a symphony of flavors. In this e-book, we present a delightful collection of concoctions that redefine the art of tea-based beverages. Whether you're a tea enthusiast or someone looking to explore new and exciting drink options, our recipes promise to tantalize your taste buds with a burst of fruity, herbal, and spiced goodness.

Each recipe is crafted with precision, combining the health benefits of tea with the irresistible allure of mocktails. So, gather from The Tea Experience NY, your ingredients, prepare to be amazed, and let the Tea Mocktails adventure begin!



Citrus Tango

"Unleash Refreshment: Elevate Your Moments with our Citrus Tango Tea Mocktail Recipe!"

Ingredients:

- ¼ cup lime juice, plus 3 limes sliced for garnish.
- ¼ cup lemon juice.
- 2 oranges or lemons sliced and curled for garnish.
- 5 cups water (2 cups boiling, plus 3 cups cold).
- 5 tea of Jasmine Green tea or a Tropical Breeze, or Mango Papaya Flip tea .
- ¼ cup maple syrup or sweetener of your choice.
- 10 mint leaves to stir in (optional).
- Garnish with rosemary.

Directions:

- Boil 2 cups of water.
- Steep 5 Jasmine Green tea in the hot water for 5-7 minutes.
- Add ¼ cup each of lime and lemon juice.
- Stir in ¼ cup of maple syrup.
- Pour 3 cups of cold water into the mix.
- Chill in the fridge for 1-2 hours.
- Garnish with lime slices and curled oranges.
- Optionally add mint leaves for freshness.
- Serve over ice, garnished with rosemary.
- Enjoy the zesty Citrus Tango Tea!



Strawberry Citrus Kick

"Sip into Sweet Bliss: Discover the Irresistible Harmony of Flavors with Our Strawberry Citrus Kick Tea Mocktail Recipe!"

Ingredients:

- 1 cup orange juice
- ¼ cup lemon juice
- 2 oranges or strawberries for garnish
- 5 cups water (2 cups boiling, plus 3 cups cold)
- 5 Cheeky Peach teas with Ginger Turmeric Tea.
- ¼ cup maple syrup or sweetener of your choice
- 10 mint leaves to stir in (optional)
- Garnish with rosemary.

Directions:

- Boil 2 cups of water.
- Steep 5 Cheeky Peach with Ginger Turmeric tea for 5-7 minutes.
- Add 1 cup of orange juice and ¼ cup of lemon juice.
- Stir in ¼ cup of maple syrup.
- Pour 3 cups of cold water into the mix.
- Chill in the fridge for 1-2 hours.
- Garnish with orange slices or strawberries.
- Optionally add mint leaves for a burst of freshness.
- Serve over ice, garnished with a sprig of rosemary.
- Enjoy the invigorating Strawberry Citrus Kick Tea!



Berry Botanical

"Elevate Your Tea Experience: Indulge in the Berry Botanical Bliss with Our Delectable Mocktail Recipe!"

Ingredients:

- 1 cup mixed berries.
- ½ cup orange or strawberry juice.
- 5 cups water (2 cups boiling, plus 3 cups cold).
- 5 Cheeky Peach teas or Chamomile tea.
- ¼ cup of maple syrup or sweetener of your choice.
- 10 cilantro leaves to stir in (optional).
- Garnish with Rosemary.

Directions:

- Boil 2 cups of water.
- Steep 5 Cheeky Peach or Chamomile tea for 5-7 minutes.
- In a blender, combine 1 cup of mixed berries and ½ cup of orange or strawberry juice. Blend until smooth.
- Add the berry mixture to the tea.
- Stir in ¼ cup of maple syrup or your preferred sweetener.
- Pour 3 cups of cold water into the mix.
- Chill in the fridge for 1-2 hours.
- Optionally, stir in 10 cilantro leaves for a unique twist.
- Garnish with a sprig of rosemary.
- Serve over ice and enjoy the delightful Berry Botanical Tea!



Spiced Cranberry Sangria Tea



"Spice Up Your Celebrations: Experience the Festive Fusion of Flavors with Our Spiced Cranberry Sangria Tea Mocktail Recipe!"

Ingredients:

- 1 tablespoon dried hibiscus petals
- 2 cinnamon stick
- 1 tablespoon dried cranberries
- 1/4 teaspoon whole cloves
- 1 teaspoon grated fresh ginger
- 1-2 teaspoons honey (adjust to taste)
- Sliced oranges
- 16 oz cups boiling water

Directions:

- Boil 16 oz of water.
- Add 1 tablespoon dried hibiscus petals, 2 cinnamon sticks, 1 tablespoon dried cranberries, 1/4 teaspoon whole cloves, and 1 teaspoon grated fresh ginger to a teapot or heat-resistant container.
- Pour the boiling water over the spices and herbs.
- Steep for 5-7 minutes, adjusting steeping time based on your desired strength.
- Strain the tea into your cup.
- Stir in 1-2 teaspoons of honey, adjusting to taste.
- Garnish with sliced oranges.
- Sip and savor your quick and flavorful Spiced Hibiscus Tea!



Sweet Tea Sangria

"Sip into Sweet Elegance: Unveil the Perfect Harmony of Flavors with Our Sweet Tea Sangria Mocktail Recipe!"

Ingredients:

- 1 750 ml, bottle white wine.
- 4 cups sweet tea.
- 1/4 cup triple sec
- 2 cups sliced frozen peaches.
- 2 cups raspberries.
- Fresh mint for garnish.
- Ice cubes

Directions:

- In a pitcher, combine wine, sweet tea, triple sec, frozen peaches and raspberries.
- Stir until combined.
- Refrigerate until chilled.
- Serve garnished with mint.
- Enjoy your refreshing Sweet Tea Sangria! Adjust sweetness and ingredients according to your preference. Cheers!



Elderberry Wine



"Elevate Your Sip: Discover the Intriguing Elegance of Elderberry Wine in Our Unique Mocktail Recipe!"

Ingredients:

- 2 to 3 pounds of fresh elderberries (stems removed)
- 7 pints of water
- 2 1/2 pounds of sugar
- Juice and zest of 1 lemon
- 1 campden tablet (optional, for sterilization)
- Wine yeast
- Yeast nutrient
- Pectic enzyme (optional, for clarification)

Directions:

- Prepare the Elderberries:
 - Remove the stems from the elderberries.
 - Rinse the berries thoroughly.
- Sterilize Equipment:
 - Sterilize all equipment including fermenters, airlocks, and siphoning tubes. You can use a solution of water and a campden tablet for this purpose.
- Create the Must:
 - In a large pot, combine the elderberries, water, and sugar.
 - Bring the mixture to a boil, then reduce the heat and let it simmer for about 15-20 minutes.
- Cool and Add Other Ingredients:
 - Allow the mixture to cool to room temperature.
 - Add the lemon juice and zest.



Peach Bellini

"Raise a Glass to Elegance: Dive into the Essence of Summer with Our Delectable Peach Bellini Mocktail Recipe!"

Ingredients:

- 2 ripe peaches, peeled and pitted (or you can use frozen peach slices)
- 1 tablespoon lemon juice
- 1 tablespoon simple syrup (adjust to taste)
- 1 bottle of chilled Prosecco or sparkling wine
- Ice cubes (optional)
- Peach slices or mint leaves for garnish (optional)

Directions:

- In a blender, combine 2 cups of frozen peach slices, 1 tablespoon of lemon juice, and 2 tablespoons of simple syrup.
- Blend until smooth, creating a peach puree.
- Spoon a generous amount of the peach puree into a glass.
- Pour chilled sparkling water or ginger ale over the peach puree, filling the glass.
- Stir gently to combine the flavors.
- Add ice cubes to the glass for a refreshing touch.
- Garnish with additional peach slices or mint leaves if desired.
- Serve immediately and enjoy your quick and tasty Peach Bellini Mocktail! Adjust sweetness and proportions to suit your taste. Cheers!



Turmeric Tonic

"Elevate Your Senses with a Golden Bliss:
Turmeric Tonic Mocktail Recipe!"

Ingredients:

- 1 cup water
- 1 teaspoon ground turmeric (or 1 tablespoon freshly grated turmeric)
- 1/2 teaspoon ground ginger (or 1 teaspoon freshly grated ginger)
- 1 tablespoon honey or maple syrup (adjust to taste)
- 1 tablespoon apple cider vinegar
- A pinch of black pepper (helps increase the absorption of curcumin in turmeric)
- Optional: a squeeze of lemon juice for added flavor

Directions:

- "Boil water
- Add 1 tsp turmeric,
- 1/2 tsp ginger (or grated),
- simmer for 10 mins, strain, sweeten with 1 tbsp honey,
- Add 1 tbsp apple cider vinegar, a pinch of black pepper, (optional)
- Lemon juice, and enjoy your Turmeric Tonic!"



Dessert Saga

"Embark on a Sweet Journey with our Dessert Saga Tea Mocktail: A Symphony of Flavors in Every Sip!"

Ingredients:

- 1 package (about 1 pound) of your favorite cookie dough
- 1 cup chocolate chips
- 1 cup chopped nuts (walnuts, pecans, or almonds work well)
- 1 can sweetened condensed milk
- 1 cup shredded coconut

Directions:

- Preheat your oven to the temperature specified on the cookie dough package.
- Press the cookie dough into the bottom of a greased or lined baking dish to form an even layer.
- Sprinkle chocolate chips and chopped nuts over the cookie dough layer.
- Pour the sweetened condensed milk evenly over the top.
- Sprinkle shredded coconut on top of the condensed milk layer.
- Bake in the preheated oven according to the cookie dough package instructions or until the edges are golden brown.
- Allow it to cool completely before cutting into squares or bars.
- Enjoy your delicious dessert saga!



Mango Tango

"Indulge in Exotic Refreshment with our Irresistible Mango Tango Tea Mocktail: A Tropical Symphony of Flavors in Every Sip!"

Ingredients:

- 2 ripe mangoes, peeled and diced
- 1 cup pineapple juice
- 1 tablespoon honey or agave syrup (adjust to taste)
- 1 tablespoon lime juice
- 1 cup ice cubes
- Mint leaves for garnish (optional)

Directions:

- In a blender, combine the diced mangoes, pineapple juice, honey (or agave syrup), lime juice, and ice cubes.
- Blend the ingredients until smooth and creamy.
- Taste the mixture and adjust sweetness by adding more honey or lime juice if needed.
- Pour the Mango Tango into glasses.
- Garnish with mint leaves if desired.
- Enjoy your refreshing Mango Tango mocktail!