



# MOCKTAILS, SPRITZERS AND SHRUBS

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Fresh, creative drinks to make your  
next party memorable

Heather Carey, MS

[www.HeatherCarey.com](http://www.HeatherCarey.com)



Cocktails, wine and beer are so yesterday, aren't they?

There is a new movement on the horizon that is starting to seriously question the health benefits of wine, or any alcohol for that matter. Remember all those old magazine ads of doctors smoking cigarettes, promoting the health benefits?

We all know how that turned out.

Alcohol use is on the rise, with women in particular. As we women get older our hormones, energy, and so many health issues can be negatively connected to the amount of alcohol we drink.

The truth is, the benefits of not drinking far outweigh the reasons to drink in the first place.

But, we still want to have fun, right? Check out these delicious recipes to make interesting, creative drinks for your next party or gathering. Be mindful and enjoy!

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## MOCKTAILS, SPRITZERS AND SHRUBS

Mocktails, spritzers and shrubs are in high regard right now in the world of drinks and cocktails. As people veer away from high octane drinks, they still want something to sip and enjoy. Welcome mocktails, spritzers and shrub - three ways to enjoy a cocktail without all the calories and next day headaches.

### THE MOCKTAIL DECONSTRUCTED

A mocktail is simply a riff on the traditional “cocktail”, those fancy drinks made with mostly alcohol and a splash of flavor. Mocktails eliminate the alcohol and retain all the delicious flavor that you might not actually even pick up on your palette due to the bite of the alcohol.

### THE SPRITZER

Traditionally made with white wine and club soda, the spritzers made here are a delicious combination of sparkling water, fruit juices and herbs. Refreshing on a hot summers day.

### SHRUBS - NOT WHAT GROWS IN THE GROUND

Shrubs have a long history in the world of drinks. Originally as a way to preserve fruit, a shrub is a combination of different fruits, vinegar and/or sugar, that is then made into a syrup. The combinations are endless.





# Strawberry Basil Shrub

Makes about 12 servings

## INGREDIENTS

1 cup strawberries, sliced  
1 large bunch basil, chopped coarse  
1 cup organic cane sugar  
1 cup apple cider vinegar  
Club soda or water or tonic  
Ice cubes  
mint, strawberries or basil to garnish

## INSTRUCTIONS

1. In a mixing bowl, mash the strawberries, basil and sugar. Let sit for 15 minutes.
2. Place the mixture into a glass jar and add the vinegar. Combine well and let sit in the refrigerator for 3 to 5 days.
3. Strain the mixture and transfer to a clean jar. Add 1 ounce of the syrup to about 1 cup or club soda. Add ice and garnish with mint, berries or basil.

Notes: The shrub will keep one month in the refrigerator



# Lemon Lavender Spritzer

Makes about 12 servings

## INGREDIENTS

4 lemons  
4 large sprigs fresh lavender  
1 cup organic cane sugar  
Ice cubes  
Club soda  
Lavender and lemon slices

## INSTRUCTIONS

1. Zest the lemons and add the zest to a saucepan. Juice the lemons and add to the pan along with the sugar and lavender. Boil for 1 minute to dissolve the sugar.
2. Remove from heat and let sit for 10 minutes to cool. Strain the solids from the liquid and allow the syrup to cool completely.
3. Add ice and 1 ounce of syrup to a glass, with enough club soda to fill to the top. Garnish with lavender and lemon slices.

Notes: This simple syrup will stay in the refrigerator for about a week.



# Cucumber Dill Shrub

Makes about 12 servings

## INGREDIENTS

1/4 cup fresh dill, chopped coarse  
1/2 cup white wine vinegar  
2 large cucumbers, cut into chunks  
Tomato juice, celery salt, tabasco  
sauce, dill sprigs, and/or celery for  
garnish

## INSTRUCTIONS

1. In a small bowl combine the dill and the vinegar. Let sit on the counter overnight.
2. In a blender, combine the cucumbers and enough water to make a puree. Strain through a fine meshed strainer.
3. Strain the vinegar and add the cucumber juice to the vinegar.
4. Add 1 ounce of the shrub to tomato juice and garnish.

**Notes:** This shrub will keep in the refrigerator for one month.



# Summer Fruit “Sangria”

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Makes about 12 servings

## INGREDIENTS

- 3 bottles sparkling cider (or nonalcoholic sparkling wine)\*\* or combination with club soda
- 2 cups fresh squeezed orange juice
- 1/4 cup fresh squeezed lemon juice
- 4 large peaches, sliced
- 2 pints strawberries, sliced
- 1 lemon, sliced
- 1 lime, sliced
- 2 golden delicious apples, cored and sliced

## INSTRUCTIONS

1. Stir together the sparkling cider (or club soda), orange juice and lemon juice. Refrigerate for about an hour to meld the flavors.
2. Add the drink to a pitcher and stir in the fruit. Serve over ice.

Notes: nonalcoholic wines are not easy to come by but can be found if you look in larger wine stores



# Raspberry Mint Mocktail

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Makes about 6 drinks

## INGREDIENTS

2 cups fresh raspberries (or frozen if out of season), more for garnish  
1 1/2 cups water  
1/4 cup organic cane sugar  
10 sprigs of mint, more for garnish  
1/2 cup fresh lime juice  
Club soda

## INSTRUCTIONS

1. In a medium saucepan place the raspberries, water and sugar. Bring to a boil, then simmer for about 5 minutes, until the berries are soft and the sugar is dissolved.
2. Stir in the mint and then remove the pan from the heat. Let sit for 10 minutes to cool.
3. Remove the mint and strain the berries. Add the lime juice to the mixture. Divide between 6 glasses, add ice and club soda. Garnish with mint and berries.





# Cantaloupe Agua Fresca

Makes about 6 servings

## INGREDIENTS

6 cup cubed cantaloupe  
4 cups water  
Juice from 1 lime  
1 1/2 tablespoons honey  
6 sprigs mint

## INSTRUCTIONS

1. Place the cantaloupe, 2 cups of the water, lime juice and honey into a blender and blend on high until smooth.
2. Strain through a strainer into a bowl. Add the additional water and refrigerate for one hour.
3. Serve over ice and garnish with mint.



## About Heather

Hey there! I'm Heather Carey: culinary nutritionist, health coach, certified whole foods chef and organic gardening enthusiast. I will inspire you to make simple yet significant diet and lifestyle changes so that you can experience better health, well-being, and increased kitchen confidence.

I believe that learning what to eat for your individual needs and cooking with both mindfulness and ease are two of the most important skills you can master. I also believe that our history around food, our weight and our well being runs deep.

My training includes a master's degree in clinical nutrition from New York University and certification from The Natural Gourmet Institute Chef's Training Program.

If you are struggling with a specific food related health issue, are ready to lose the last ten (or more) pounds, crave more energy, and desire a real way to eat, I can help you create an effortless meal planning system and the simple skills to learn how to feed yourself and your family delicious, wholesome food in the midst of a busy, full life.

Contact me at [heather@heathercarey.com](mailto:heather@heathercarey.com) to set up a time to talk.

[www.HeatherCarey.com](http://www.HeatherCarey.com)

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