

Mocktail Recipes

A mocktail is a nonalcoholic drink that consists of a mixture of fruit juices or other soft drinks. We have created a variety of different mocktails for you to enjoy when you don't want and alcoholic beverage, but are in the mood for something fun and refreshing!



CREATED BY LEAGUE MARKETPLACE

Grocery List



17 ingredients

FRUITS

- 1/4** Lemon
- 2** Lime
- 2 tbsps** Lime Juice

BREAKFAST

- 1/4 cup** Maple Syrup

SEEDS, NUTS & SPICES

- 1 tbsp** Sea Salt

FROZEN

- 2 1/4 cups** Frozen Berries

VEGETABLES

- 2 tbsps** Cherry Tomatoes
- 1/2 cup** Mint Leaves

BOXED & CANNED

- 1 pint** Tomato Juice

BAKING

- 2 tbsps** Coconut Sugar

CONDIMENTS & OILS

- 1 oz** Baby Pickles
- 1 tbsp** Black Olives
- 1 tsp** Hot Sauce
- 1 tbsp** Tamari

OTHER

- 3 fl ozs** Cranberry Juice
- 27** Ice Cubes
- 1 3/4 quarts** Soda Water



Classic Virgin Mojito



5 ingredients



10 minutes



4 servings

DIRECTIONS

1. Add all of the ingredients into a pitcher, adding the soda water last. Gently stir until everything is mixed well.
2. Divide between glasses and enjoy!

NOTES

Leftovers

Refrigerate in the pitcher with a lid for up to two days. To ensure a fizzy drink, add more soda water just before serving.

More Flavour

Muddle the mint before adding the rest of the ingredients into the pitcher. Add frozen fruit to the glasses as ice cubes.

INGREDIENTS

2 tbsps Maple Syrup

1/2 cup Mint Leaves

15 Ice Cubes

2 tbsps Lime Juice

1 1/4 quarts Soda Water

NUTRITION

Amount per serving

Calories	30	Cholesterol	0mg
Fat	0g	Sodium	65mg
Carbs	8g	Vitamin A	140IU
Fiber	0g	Vitamin C	3mg
Sugar	6g	Calcium	34mg
Protein	0g	Iron	0mg



Classic Virgin Sangria



6 ingredients



2 minutes



1 serving

DIRECTIONS

1. Add all of the ingredients into a glass and stir to combine. Garnish with lemon slices, if using. Enjoy!

NOTES

Leftovers

Refrigerate leftovers in a pitcher for up to two days. To ensure a fizzy drink, add more soda water just before serving.

Serving Size

One serving is roughly 9 fl oz or 266 mL.

More Flavour

Add orange juice.

Additional Toppings

Add any in-season fruit.

No Cranberry Juice

Use any juice of choice.

INGREDIENTS

- 1 tsp Maple Syrup
- 1/4 Lemon (juiced, plus slices for garnish)
- 1/4 cup Frozen Berries
- 2 Ice Cubes
- 3 fl ozs Cranberry Juice
- 2 fl ozs Soda Water

NUTRITION

Amount per serving

Calories	84	Cholesterol	0mg
Fat	0g	Sodium	15mg
Carbs	22g	Vitamin A	43IU
Fiber	1g	Vitamin C	23mg
Sugar	19g	Calcium	25mg
Protein	1g	Iron	1mg



Classic Virgin Caesar



8 ingredients



10 minutes



2 servings

DIRECTIONS

1. Set half of the sea salt in a shallow bowl. Take a lime wedge and run it around the rim of the glass. Dip the rim of the glass into the sea salt, being sure to cover the rim. Repeat the process until all of your glasses are rimmed with sea salt.
2. Add the other half of the sea salt and lime juice, tomato juice, hot sauce and tamari into a blender. Blend until everything is well combined.
3. Pour into the rimmed glasses and divide the pickle, cherry tomatoes and olives evenly between the toothpicks to garnish. Enjoy!

NOTES

More Protein

Add a scoop of protein powder or collagen.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

No Frozen Zucchini

Use fresh zucchini.

No Fresh Ginger

Use a pinch of dried ginger instead.

INGREDIENTS

- 1 tbsp Sea Salt
- 1 Lime (sliced into wedges, juiced, divided)
- 1 pint Tomato Juice
- 1 tsp Hot Sauce
- 1 tbsp Tamari
- 1 oz Baby Pickles
- 2 tbsps Cherry Tomatoes
- 1 tbsp Black Olives

NUTRITION

		Amount per serving	
Calories	61	Cholesterol	0mg
Fat	1g	Sodium	4286mg
Carbs	12g	Vitamin A	1197IU
Fiber	1g	Vitamin C	178mg
Sugar	7g	Calcium	34mg
Protein	3g	Iron	1mg



Virgin Berry Margarita



6 ingredients



10 minutes



2 serving

DIRECTIONS

1. Put the coconut sugar in a shallow bowl. Take a lime wedge and run it around the rim of the glass. Dip the rim of the glass into the coconut sugar, being sure to cover the rim. Repeat the process until all of your glasses are rimmed with coconut sugar.
2. Add the berries, ice, maple syrup, soda water and remaining lime juice to a blender. Blend until smooth.
3. Garnish with lime wedges and enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to two days.

No Frozen Berries

Swap for any other frozen fruit, like mango.

INGREDIENTS

- 1 cup Coconut Sugar
- 1 Lime (sliced into wedges, juiced, divided)
- 1/4 Frozen Berries
- 1/4 Ice Cubes
- 1/2 Maple Syrup
- 1 tbsp Soda Water

NUTRITION

Amount per serving

Calories	168	Cholesterol	0mg
Fat	0g	Sodium	53mg
Carbs	44g	Vitamin A	11IU
Fiber	6g	Vitamin C	47mg
Sugar	36g	Calcium	61mg
Protein	1g	Iron	1mg