

A Call to Spirit, LLC
Holistic Wellness Education

# 6 MOCKTAIL RECIPES



# Mulled Wine Mocktail

SERVINGS: 2 PREPPING TIME: 5 MIN COOKING TIME: 25 MIN

## Ingredients

- 2 cups non-alcoholic red wine
- 2 tsp maple syrup (to taste)
- 1 small orange, sliced into rounds
- 1 cinnamon stick
- 2 whole cloves
- 1 star anise
- 1 small strip of orange peel
- 2 oz. of Lyre's Italian Orange non-alcoholic Campari [optional]

**Nutrition Facts**

Amount per serving

**Calories** 250

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** N/A | 0% |
| **Sodium** 17mg | 1% |
| **Total Carbohydrates** 20g | 7% |
| Dietary Fiber 2g | 6% |
| Total Sugars 11g | |
| Sugars, added N/A | 0% |
| **Protein** 1g | |
| Vitamin D N/A | 0% |
| Calcium 51mg | 4% |
| Iron 1mg | 7% |
| Potassium 372mg | 8% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions

### Prep

1. Slice the orange and peel off a small strip of the orange.

### Make

1. In a small saucepan, combine the non-alcoholic wine, maple syrup, orange slices, cinnamon stick, cloves, star anise, and citrus peel.
2. Warm gently over low heat for 20 minutes. Do not boil; simmering gently allows the spices to infuse.
3. Strain out the spices and fruit. Serve warm in glass mugs.
4. If using a non-alcoholic spirit, add 1 oz per glass just before serving.
5. Top with an orange wheel, cinnamon stick, or star anise.

A Call to Spirit, LLC
Holistic Wellness Education



# Pear Sage Sparkler

SERVINGS: 2 PREP TIME: 10 MIN COOK TIME: 20 MIN

## Ingredients

- 3/4 cup pear nectar or pear purée (chilled)
- 1 tbsp fresh lemon juice (about 1/2 lemon)
- 2 fresh sage leaves (plus more for garnish)
- 1/16 tsp ground allspice (or a small pinch)
- 1/2 cup non-alcoholic Prosecco or sparkling water (chilled)
- Ice cubes
- 1 pear

**Nutrition Facts**

Amount per serving

**Calories** 154

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat N/A | |
| **Cholesterol** N/A | 0% |
| **Sodium** 10mg | 0% |
| **Total Carbohydrates** 13g | 5% |
| Dietary Fiber 2g | 7% |
| Total Sugars 7g | |
| Sugars, added N/A | 0% |
| **Protein** 0g | |
| Vitamin D N/A | 0% |
| Calcium 21mg | 2% |
| Iron 1mg | 3% |
| Potassium 180mg | 4% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions

Make

1. In a small saucepan, combine the pear nectar/purée, lemon juice, sage leaves, and a small pinch of ground allspice. Warm gently over low heat for 3–4 minutes - do not boil.
2. Remove from heat and let steep for 5 minutes. Remove the sage, then chill the mixture for 10 minutes, or until cool.
3. Fill two glasses with ice.
4. Divide the infused pear mixture evenly between glasses (about 1/2 cup each).
5. Top with 1/4 cup non-alcoholic Prosecco or sparkling water. Stir gently.
6. Add a thin slice of pear and a fresh sage sprig to each glass.
7. Optional: Add a lemon peel for extra aromatic lift.



# Blood Orange Vanilla Mocktail

SERVINGS: 2 PREPPING TIME: 10 MIN COOKING TIME: 5 MIN

## Ingredients

- 1 cup fresh blood orange juice (about 3–4 blood oranges) - cara cara works as well
- 1/4 tsp pure vanilla extract
- 1 can sugar-free cream soda, like Olipop Vintage Vanilla (chilled)
- 2 orange slices (for garnish)
- 2 tsp cinnamon sugar (for garnish)
- Ice cubes
- One shot of non-alcoholic bourbon (optional)

**Nutrition Facts**

Amount per serving

**Calories** 79

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat N/A | |
| **Cholesterol** N/A | 0% |
| **Sodium** 2mg | 0% |
| **Total Carbohydrates** 23g | 9% |
| Dietary Fiber 3g | 11% |
| Total Sugars 16g | |
| Sugars, added N/A | 0% |
| **Protein** 1g | |
| Vitamin D N/A | 0% |
| Calcium 28mg | 2% |
| Iron 0mg | 2% |
| Potassium 280mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions

### Prep

1. Rub an orange wedge around the rims of 2 glasses.
2. Dip the rims into the cinnamon-sugar mixture to coat. Set aside

### Make

1. In a small pitcher or shaker, combine the blood orange juice and vanilla extract. Stir or shake well.
2. Fill glasses with ice.
3. Divide the juice mixture between the two glasses.
4. Top each with 1/2 can of sugar-free cream soda.
5. Add non-alcoholic bourbon if desired.
6. Stir gently.
7. Add 1 orange circle to each glass for a festive pop of color and flavor.

*Tip: Make a slice in the orange circle halfway through to fit nicely on the glass rim.*



# Spiced Apple Pie Chai Fizz

SERVINGS: 2 PREPPING TIME: 5 MIN COOKING TIME: 10 MIN

## Ingredients

- 1 cup apple cider (chilled)
- 1/2 cup brewed chai tea (strong, chilled)
- 2 thin slices of fresh ginger
- 2 cinnamon sticks
- 1 whole star anise
- 1/2 cup ginger beer (chilled) or sparkling water
- Ice cubes
- Optional garnish: apple slices, extra cinnamon stick, star anise
- Optional: non-alcoholic rum

**Nutrition Facts**

Amount per serving

**Calories** 135

| | % Daily Value* |
|---|---|
| **Total Fat** 1g | 1% |
| Saturated Fat 0g | 1% |
| Trans Fat N/A | |
| **Cholesterol** N/A | 0% |
| **Sodium** 19mg | 1% |
| **Total Carbohydrates** 33g | 12% |
| Dietary Fiber 2g | 7% |
| Total Sugars 22g | |
| Sugars, added N/A | 0% |
| **Protein** 1g | |
| Vitamin D N/A | 0% |
| Calcium 35mg | 3% |
| Iron 1mg | 4% |
| Potassium 351mg | 7% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions

### Prep

1. Brew 4 chai tea bags (or 1 tsp loose-leaf) in 1/2 cup hot water for 5–7 minutes.

### Make

1. In a small pitcher or shaker, combine the apple cider, cooled chai tea, ginger, cinnamon sticks, and star anise.
2. Stir well and let sit for 5–10 minutes to deepen the flavor. Refrigerate overnight for a stronger infusion.
3. Fill two glasses with ice.
4. Strain and pour the mixture evenly into each glass.
5. Top with 1/4 cup ginger beer per glass (or sparkling water). Stir gently.
6. Add non-alcoholic rum, if desired.
7. Add a thin apple slice and an extra cinnamon stick.

A Call to Spirit, LLC
Holistic Wellness Education



# Grapefruit Rosemary Refresher

SERVINGS: 2 PREPPING TIME: 10 MIN COOKING TIME: 25 MIN

## Ingredients

- 1 cup fresh grapefruit juice (about 2 grapefruits)
- 1/4 cup tart cherry juice
- 1 tsp agave syrup (adjust to taste)
- 2 sprigs fresh rosemary (plus more for garnish)
- 1/2 cup sparkling water (chilled)
- Crushed ice
- 2 oz non-alcoholic vodka (optional)
- 6 fresh or frozen dark sweet cherries, pitted (optional garnish)

## Directions

Make
Infuse the Base (optional for more depth)

1. In a small saucepan, warm grapefruit juice, tart cherry juice, and honey/agave with 1 rosemary sprig over low heat for ~2–3 minutes.
2. Do not boil; gently heat to release flavors.
3. Remove from heat and let sit for 5–10 minutes. Discard rosemary and chill mixture if desired.
4. Refrigerate until chilled

Assemble the Drink:

1. Fill two glasses with crushed ice.
2. Divide the juice mixture evenly between the glasses.
3. Add 1 oz non-alcoholic vodka to each glass if using.
4. Top with 1/4 cup sparkling water per glass. Stir gently.
5. Skewer 2-3 cherries per drink and add to the glass (or drop them in) for garnish. (optional)
6. Add a rosemary sprig and an optional grapefruit twist for visual flair.

**Note:** Honey can be used in place of agave

**Nutrition Facts**

Amount per serving

**Calories** 91

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat N/A | |
| **Cholesterol** N/A | 0% |
| **Sodium** 21mg | 1% |
| **Total Carbohydrates** 22g | 8% |
| Dietary Fiber 1g | 2% |
| Total Sugars 9g | |
| Sugars, added N/A | 0% |
| **Protein** 1g | |
| Vitamin D N/A | 0% |
| Calcium 26mg | 2% |
| Iron 0mg | 3% |
| Potassium 296mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A Call to Spirit, LLC
Holistic Wellness Education



# Mango Cardamom Spritz

SERVINGS: 2 PREPPING TIME: 10 MIN COOKING TIME: 10 MIN

## Ingredients

- 1 cup mango purée or mango nectar (chilled)
- 1/2 fresh lime, juiced
- 1/8 tsp ground cardamom (just a pinch, adjust based on strength)
- 1 cup sparkling water or alcohol-free sparkling wine
- Ice cubes
- Lime wheels and mint sprigs
- optional: non-alcoholic spirit like Ritual Gin

## Directions

Make

1. In a small pitcher or cocktail shaker, combine the mango purée, lime juice, and ground cardamom.
2. Stir or shake well to infuse the spice. You can do this up to a day ahead and keep it refrigerated to infuse.
3. Pour in the sparkling water and stir gently to avoid losing carbonation.
4. Add non-alcoholic spirit, if desired.
5. Fill two glasses with ice cubes. Divide the mixture evenly between the glasses.
6. Top with a lime wheel or a sprig of mint for a pop of freshness and a beautiful garnish.

**Nutrition Facts**

Amount per serving

**Calories** 76

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat N/A | |
| **Cholesterol** N/A | 0% |
| **Sodium** 8mg | 0% |
| **Total Carbohydrates** 21g | 8% |
| Dietary Fiber 1g | 5% |
| Total Sugars 16g | |
| Sugars, added N/A | 0% |
| **Protein** 0g | |
| Vitamin D N/A | 0% |
| Calcium 51mg | 4% |
| Iron 1mg | 4% |
| Potassium 76mg | 2% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A Call to Spirit, LLC
Holistic Wellness Education



# Let's Connect

Book a discovery call
(703) 955-7055

Facebook.com/acalltospirit

@a_call_to_spirit/

www.acalltospirit.com

acalltospirit@aol.com

A Call to Spirit, LLC
Holistic Wellness Education