ANATOMY OF A TEA MOCKTAIL

Whole Lifecycle NUTRITION

Mocktails are becoming increasingly popular as they provide guests with a tantalizing choice that doesn't involve alcohol. But how do you craft the perfect mocktail at home? Start with a steeped tea concentrate as the astringency and bitterness of the concentrate can mimic the taste of alcohol. Here are some tips for creating your own variety - cheers!

BASE

Steeped Tea Concentrate:
Hibiscus, Citrus, Ginger, Pineapple,Peach, Mint, Green Tea, Black Tea
To make concentrate:
Place 6 tea bags in 1 cup of boiling water - let steep for 2 hours



FRUIT | VEGETABLES

Citrus slices: lime, lemon, orange
Muddled fruit: cherries, raspberries, blackberries, kiwi
Chopped firm fruit: apples, pears, grapes, pineapple
Vegetables: cucumber, celery spears

HERBS | FLAVOR BOOSTERS

Mint, Rosemary, Basil, Sage, Ginger, Pineapple spears, Chili pepper, Bitters

BUBBLES

Sparkling water, Kombucha, Flavored seltzer, Non-alcoholic champagne
Ginger beer