

ZERO-PROOF COCKTAIL

R E C I P E S





Recover Alaska's vision:

Alaskans live free from the consequences of alcohol misuse, so we are empowered to achieve our full potential.

Recover Alaska's mission:

Reducing excessive alcohol use and harm.

How we do our work:

MAKING CONNECTIONS

Partnering with organizations and individuals dedicated to reducing the harm associated with alcohol misuse as well as connecting those who need treatment/information to the help they need.

ELEVATING THE CONVERSATION

Raising awareness of the negative impacts of excessive alcohol consumption and advocate for legislation and policies that will help reduce alcohol misuse.

SHIFTING PERCEPTIONS

Reducing the stigma associated with alcohol misuse through positive messaging and programs.



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Margarita Mocktail

$\frac{1}{2}$ cup limeade
 $\frac{1}{4}$ cup lemon flavored sparkling water
 $\frac{1}{4}$ cup lime flavored sparkling water
 $\frac{1}{4}$ cup orange juice
Ice
Optional: Salt & lime to garnish

BBG Spritzer

1 ounce blackberry syrup

6-8 basil leaves

1 ounce ginger syrup

1 ounce honey syrup

Finish with club soda

ginger
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(S)(O)(U)(T)(H)

Raspberry Rocktail

1 pint raspberries (muddle in cup)

6 mint leaves

Juice of one lemon

3 teaspoons of simple syrup (or add to taste)

Finish with ginger ale

Buzz Free Musher

1 ounce sweet & sour

1 ounce orange juice

2-3 ounces soda water

Grenadine to taste

Garnish with raspberries, fresh strawberry and mint

The hotel
Captain Cook



Mary's Garden

1 ounce ginger syrup
1 ounce fresh squeezed lemon juice
 $\frac{1}{4}$ cup greek yogurt
Finish with carrot juice



Mykel's NA Mojito

11 mint leaves
3 lime wedges
 $\frac{1}{4}$ cup simple syrup
1 cup club soda
Finish with ginger beer





Lavender Spritz

1 ounce lavender simple syrup
Juice from one lemon
Sparkling water
Optional garnish: dehydrated lemon
and dried lavender

Lavelle's BISTRO

Sol Eterno

1½ ounces raspberry
thyme shrub (see below)

1 scoop orange
or raspberry sherbet

Lemon-lime soda

Chili powder top

TEQUILA61°

MEXICAN GASTROPUB

How to make raspberry thyme shrub:

2 cups raspberries, 1 cup sugar, 8 sprigs thyme,
1 cup apple cider vinegar.

1. In a medium bowl, combine the raspberries and sugar, using your hands to crush the raspberries until completely broken down. Cover and store in the refrigerator to macerate for at least 2 hours and up to 2 days.

2. Combine the thyme and vinegar in a small nonreactive bowl and store in a cool, dark place for at least 2 hours and up to 2 days.

3. Using a rubber spatula, press down on the raspberry mixture through a fine-mesh sieve into a medium bowl. Discard the solids. Strain the vinegar through the same sieve. Discard the thyme.

4. Pour the syrup and vinegar mixture into a mason jar and store in the refrigerator for a week before serving.



Collective Colada

1½ ounces ginger pineapple shrub

(see below)

Finish with carbonated coconut water



How to make ginger pineapple shrub:

1 cup thinly sliced ginger, 2 cups fresh pineapple, cut into small pieces, 1 cup Demerara (raw) sugar, 1¼ cups unfiltered apple cider vinegar, 1 cup freshly squeezed lime juice.

1. Put ginger and mint in the clean jar and bruise with a muddler. Add pineapple and enough vinegar to cover the fruit. Close the jar tightly and shake vigorously for 10 seconds. Push down the fruit if they have floated up to the top - you want everything completely covered with vinegar so you don't grow any mold or other undesirable bacteria.

2. Replace the lid with a piece of cheesecloth, and secure it to the top of the jar using a rubber band. Leave out at room temperature for 12 hours.

3. Discard cheesecloth, replace the lid, secure tightly, and shake daily for 7 days, keeping at room temperature.

4. After 7 days, strain out the solids and return liquid to the jar. Add lime juice and sugar, cover, and shake until sugar is dissolved. Set in refrigerator for 7 days, shaking the jar every day to make sure sugar is dissolved.

5. Chill for up to 4 months.



Midnight Rose

4 ounces hibiscus tea (sweetened to taste)

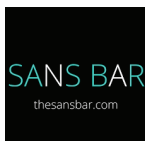
2 ounces grapefruit juice

½ ounce Alaska fireweed honey

Seltzer water


Lime wedge

Mint sprig



www.TheSansBar.com

Sans Bar is a growing group of average people who recognize that life can be fun without alcohol. We are sober, we are on the move, and we believe that real connection happens when people are sober. We want to create a space that is free of alcohol and welcoming to all. We believe that the best version of anyone's life includes healthy socialization, helping others, and taking care of both mind and body. We believe positive change can happen in the smallest ways, and still yield tremendous impact.



Garden Medley

1 ounce fresh lime
1 ounce simple syrup
1 slice of serrano pepper
5 basil leaves
1 sprig of mint
1 slice of cucumber
Finish with club soda





Innocent Love

5 fresh muddled basil leaves
1 ounce simple syrup
1 cup fresh squeezed grapefruit juice
Finish with club soda



Call To The Post (NA Mint Julep)

1½ ounces apple cider syrup

6 mint leaves

Shaved ice

Top off with club soda

Garnish with mint leaves



www.TheMocktailProject.com

The Mocktail Project is a public-spirited movement focused on creating a safer, more inclusive, stigma-free drinking culture where mocktails and cocktails can co-exist.

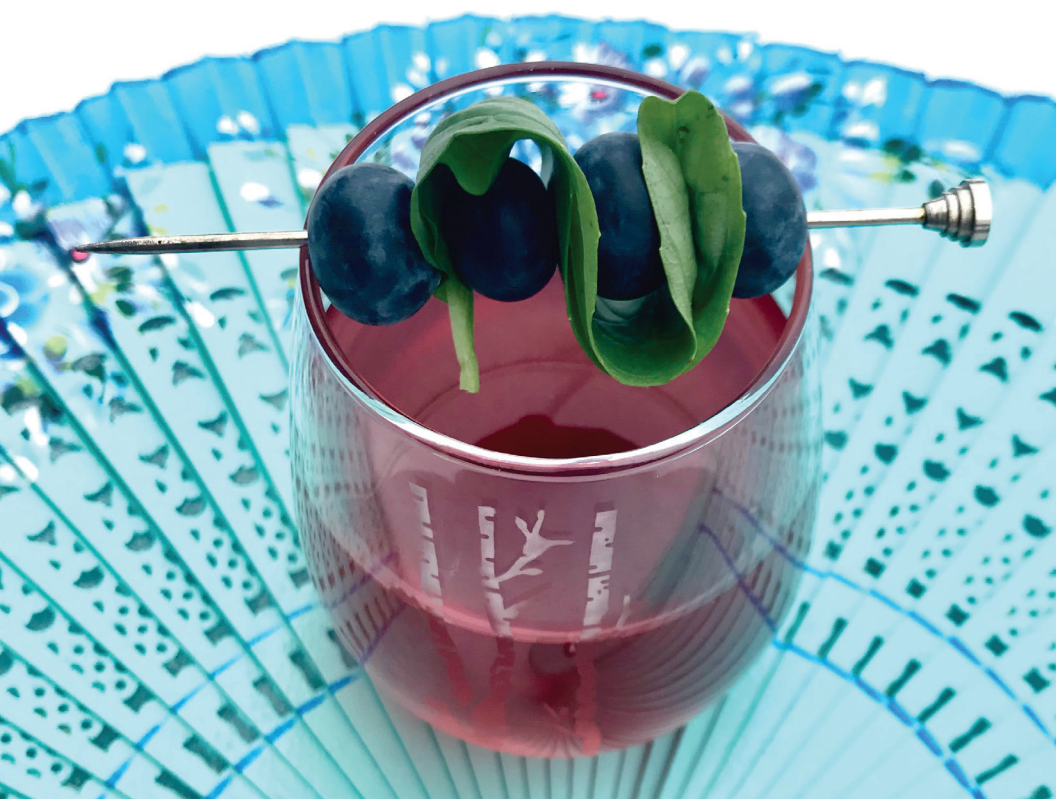
Jazz in the Park

3 ounces Zip Kombucha Blueberry Mary

1 ounce fresh lime juice

1 ounce Alaska blueberry and jasmine simple syrup

Muddled basil leaves



Glorious

6 ounces Ginger Dry Soda
½ ounce vanilla simple syrup
Pinch cinnamon


MARNIE RAE



www.MarnieRae.com

On this site you'll find amazing, grown-up af (ahem...alcohol-free) recipes but we also have a firm belief that this is about a much bigger picture than a beverage. This is about making people feel welcome, included, thought of, and a part of something. I bet you didn't know you could do that with a cocktail did you?

Pickled Beet Bloody Mary

3 pickled beets (Love Beets' mild vinegar flavor)
1 cup tomato juice
2 tablespoons pickle juice
¼ cup lemon juice
1 teaspoon fresh ground black pepper
1 small clove garlic, halved
1 teaspoon Worcestershire sauce
1 teaspoon horseradish
Flaky sea salt, to taste


MARNIE RAE



CocoJito

2 ounces lime
1 ounce pineapple juice
4 ounces coconut syrup
6-8 mint leaves
2 cups of ice
Mix in blender



Cucumber Mint Lemonade

Muddled fresh mint and cucumber (to taste)

1 cup of lemonade

Finish with seltzer water



Actual Sunshine

1½ ounces sage simple syrup

¾ ounce sour mix

Fill with club soda

Top with sage sprig

LISTEN
BAR



www.Listen.Bar

A booze-free bar in NYC. Not just for non-drinkers, but for everybody. Whether sober or hungover, everybody's welcome to hang. In fact, two thirds of our guests identify as drinkers.

Spicy Titties

1 teaspoon fresh lime juice
2 ounces fresh grapefruit juice
2 jalapeño wheels
2 ounces Jarritos
2 cilantro stems

LISTEN
BAR



Sage Spritzer

1½ ounces sage simple syrup

¾ ounce sour mix

Fill with club soda

Top with sage sprig

SALT
modern alaskan cuisine



Cherry Lemonade

3 muddled lemon wedges

½ ounce grenadine

Shake and strain in pint glass

Club soda

Garnish with lemon slice

SALT
modern alaskan cuisine



Pineapple Mule

2-3 pineapple chunks

1-2 lime wedges or half slices

Muddle both together

Add ice

1 ounce pineapple juice

½ ounce brown sugar simple syrup

Finish with ginger beer

Garnish with pineapple, lime & mint sprig



Thank you

This book has been an important project for us here at Recover Alaska. We wanted to create something that truly highlights delicious, high-quality zero-proof alternatives that can be made by all, for all.


The reasons for creating this book are many. It was created to provide choices and promote inclusivity, so that everyone has options available to them at every occasion and feels comfortable with their choice to not drink alcohol. The sober movement is growing and creating a shift in the narrative that reduces the stigma of being alcohol-free (even just for one night). We hope you find all this value and more as you flip through these pages.

This recipe book has been made possible by the contributions of so many community partners across Alaska and around the country. Restaurants like the ones recognized throughout this book are taking notice of the many Alaskans choosing NA options and adding unique creations like these to their menus. We hope you will do the same at all your future gatherings.

Whether you don't drink alcohol or are living in recovery, practicing mindful moderation or simply exploring the sober curious movement, we hope this book brings you some tasty alternatives and reminds you that sober can still be fun!



Executive Director, Recover Alaska
"Teetotaler since 2009"



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MAT-SU HEALTH
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PROVIDENCE
Health & Services
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Southcentral
Foundation



UAA College of Health
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