

Boo-zy Without the Buzz: Four Fall Mocktails to Try This Season

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AS BASIC AS IT MAY sound, one of my favorite parts about fall is Pumpkin Spice Latte season. The flavors that come along with the beautiful changes of the leaves are second-to-none, so whether you're looking for a quick thirst quencher, or a fun drink to bring to a Friendsgiving, these mocktail recipes will leave you more than satisfied!

Sparkling Apple Cider Punch

Ingredients:

- 1 gallon apple cider
- 1 bottle sparkling cider (25.4 oz)
- 24 oz ginger beer
- Juice of 1 lime
- 1 cinnamon stick
- 1 whole star anise pod
- Optional: apple and orange slices for garnish

Directions:

- Place all ingredients into a large punch bowl or pitcher and stir well.
- Pro-tip: The longer you allow for the cinnamon stick and the star anise pod to sit in the liquid, the more flavor they provide.
- Serve over ice cubes and add optional garnishes!

Cranberry Sparkler Mocktail

Ingredients:

- 2 cups Fresh cranberries
- ½ cup Orange juice
- ½ Water
- ¼ cup Maple syrup or a sweetener alternative (honey, agave nectar, etc)
- Sparkling water or club side
- Frozen cranberries to use as ice cubes if wanted

Directions:

- Put cranberries, orange juice, water, and maple syrup into a blender to purée, then strain into a separate glass.
- Return the juice to the blender to purée and strain once more.
- When serving, pour about ¼ cup of juice into a champagne flute (or another available glass), then top with sparkling water or club soda.

Apple Cider Simple Syrup

Ingredients (Cinnamon-Ginger simple syrup):

- 1 cup sugar
- 1 cup water
- 2 cinnamon sticks
- 1-2 inches of ginger root, peeled and thinly sliced

Directions (Cinnamon-Ginger simple syrup):

- Mix sugar, water, cinnamon sticks, and sliced ginger root in a small saucepan over medium heat until sugar is dissolved.
- Let cool completely.
- Strain to remove ginger and cinnamon sticks.

Apple Cider Cinnamon Mocktail

Ingredients (Mocktail):

- 2 tablespoons Cinnamon-Ginger simple syrup (chilled)
- 1 cup Apple cider (chilled)
- Ice for mixing
- Cinnamon sugar to rim the glass
- Optional: Apple slices and/or cinnamon sticks for garnish

Directions (Mocktail):

- Pour cinnamon sugar into a shallow bowl/ plate.
- Prepare a martini glass by wetting the rim with apple cider, then dip the said rim into cinnamon-sugar mix.
- Add ice to a cocktail shaker/ a glass large enough to stir in.
- Pour in the cider and Cinnamon-Ginger simple syrup.
- Shake/ Stir for 10-15 seconds.
- Pour into previously prepared glass.
- Optional— garnish with apple slices or cinnamon sticks.



Photo Credits: Rachel Cook

The Orchard Spritzer

Ingredients:

- 2 oz Apple cider
- 2 oz Pear juice
- ½ oz freshly squeezed lime juice
- Sparkling white grape juice
- Ice
- Optional: Pear or Apple slice for garnish

Directions:

- In a cocktail shaker, add ice, apple cider, pear juice, and lime juice.
- Shake to chill ingredients.
- Strain into a wine glass (or other available glass) over fresh ice.
- Top off with sparkling white grape juice.
- Garnish with a pear slice.