

Spill the Tea

with **DRINKSENSE**



Let's get comfortable talking about zero- proof options in a zero-pressure way.

Fall is a time for slowing down and embracing change. It's also the perfect time for deep conversations.

But conversations about moderation can be complex and personal. They need time, space and a sense of comfort. So, we encourage you to sit back, settle in and embrace these conversations with open arms.

- Let's talk about why these conversations are important.
- Let's talk about the ways you can mix it up with a mocktail.
- Let's talk about what works best for you—because the choice is yours.

Check out one of these tea-based mocktail recipes—they're the perfect addition to your next cozy fall chat!



Taro Milk Tea

You might choose the “Taro Milk Tea” if you’re looking for something decadent and refreshing—just like you!

INGREDIENTS:

- 2 tablespoons taro powder
- ½ cup jasmine tea, cooled
- ½ cup milk
- ½ oz simple syrup
- ¼ cup ice, plus more for serving
- 1/4 cup tapioca pearls

TO PREPARE:

In a blender, combine taro powder, jasmine tea, milk, simple syrup and ice. Blend until smooth. Set aside.

To a glass, add ice and tapioca pearls then top with blended taro milk tea.



Earl Grey Hot Toddy

You might reach for an “Earl Grey Hot Toddy” when you’re looking to warm up on a crisp fall day.

INGREDIENTS:

- 1.5 cup water
- 1 cinnamon stick, plus more for garnish
- 2 bags earl grey tea
- 0.5 oz lemon juice
- 1 oz honey
- 1 oz zero-proof whiskey
- Star anise for garnish
- Pomegranate juice & cinnamon sugar rim

TO PREPARE:

Bring water to a boil over medium-high heat and add one cinnamon stick and tea bags. Reduce heat and simmer for 5 minutes.

Add lemon juice, honey and zero-proof whiskey and stir to combine. Warm over low heat for 5 minutes.

Rim a mug by rolling one side in a shallow dish of pomegranate juice and repeat with cinnamon sugar on the same side.

Strain the warm liquid into a mug, garnish with a cinnamon stick and serve.



Iced Green Tea and Pine Cooler

The “Iced Green Tea and Pine Cooler” is just what you need to rejuvenate for a night connecting with friends.

INGREDIENTS:

- 2 oz green tea, chilled
- 0.5 oz lemon juice
- 1 oz pine needle syrup
- 1 oz zero-proof gin
- 1 oz soda water
- Lime wheel, for garnish

TO PREPARE:

In a shaker with ice, combine green tea, lemon juice, pine needle syrup and zero-proof gin. Shake until chilled.

Strain into a rocks glass with ice, and top with soda water.

Stir gently, garnish with a wheel of lime and serve.



Iced Mint Tea Julep

The “Iced Mint Tea Julep” is the perfect way to keep your palate (and conversation topics) fresh.

INGREDIENTS:

- 2 cups strongly brewed mint tea
- 2 cups sugar
- 1.5 oz zero-proof bourbon
- 0.5 oz lemon juice
- 2 oz soda water
- Mint leaves and dried lemon, for garnish

TO PREPARE:

Prepare mint tea simple syrup by simmering tea and sugar until concentrated, about 15 minutes. Set aside to cool.

To a short glass with crushed ice, add zero-proof bourbon, lemon juice and 1 oz. of mint tea simple syrup. Stir until combined.

Top with soda water, garnish with a mint leaf and dried lemon and serve.