

**DRINK
SENSE**

MIX IT UP WITH A MOCKTAIL

DrinkSense's guide to crafting
the perfect mocktail



MANITOBA
LIQUOR & LOTTERIES

March 2025

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DrinkSense gives you the facts so you can make informed choices around alcohol. Whether you're hoping to reduce your alcohol intake, mix it up with a mocktail or create an inclusive environment when you host friends and family, we provide recipes and resources to help—no questions asked.

Mocktails are well-crafted beverages that have none of the alcohol but all of the flavour. Made with a variety of ingredients, there's an option for anyone at any time. Throughout this guide, we've compiled some of our favourites, which are equal parts approachable and delicious.

But DrinkSense is so much more than mocktails. Check out **DrinkSense.ca** or **@DrinkSenseMB** for a variety of facts, flavours and fundamentals for all Manitobans.

Read on and find your new favourite today.



Pistachio Sour

INGREDIENTS

- 3 oz mint tea (brewed strong!)
- ½ oz lemon juice
- 1 tbsp pistachio paste
- 1 egg white
- Whole pistachios, for garnish
- Maraschino cherry, for garnish

TO PREPARE

Add all ingredients to a shaker with ice and shake until chilled.

Strain into a rocks glass with ice and finely shave whole pistachios over the top.

Garnish with a cherry.



Zero-Proof Michelada

Beer in a mocktail can raise some eyebrows, but beer is a great (and often overlooked) ingredient that cuts through intense salt or sugar content and adds another layer of flavour. In this recipe, a hoppy pale ale offsets the saltiness of pickle juice and a mix of clam and tomato juice.

INGREDIENTS

- Chili salt, to rim
- 3 oz zero-proof pale ale or lager
- 3 oz clam and tomato juice
- ½ oz pickle juice
- ½ oz lime juice, plus more to rim
- Lime wedge, for garnish

TO PREPARE

Rim a tall rocks glass or beer glass with lime juice and chili salt.

Add all ingredients to the glass and stir to combine.

Garnish with a lime wedge.

Mix it up

Like your drinks with a kick? Add a few dashes of your favourite hot sauce before mixing.



Choose Your Cherry

A GUIDE TO THE WORLD'S MOST COMPLEX GARNISH

Maraschino

Standard maraschinos are preserved in a sugary sweet brine and dyed bright red. While there are fancier options on the market, it's the standard for a reason. Maraschino syrup adds a sugary sweet taste to a mocktail, and the preserved cherries provide a snappy crunch and burst of juice.

Luxardo

The Luxardo is the chic older sibling of the maraschino and hails from Italy. Candied immediately after harvest, Luxardos naturally bear a rich, deep colour and an ultra-satisfying soft texture. The syrup is distinctly darker and thicker, with a burnt sugar flavour.

Amarena

Amarenas are small but mighty and pack a punch with their bittersweet, tart flavour. These cherries add flavour complexity and soft texture, and are a perfect garnish for sweeter drinks.

Bourbon

Bourbon cherries are made by soaking cherries in, you guessed it—bourbon, and then candying them in syrup. These moody bites have a deep colour, making a gorgeous garnish and bringing a smoky oaked flavour to any mocktail. These cherries typically contain alcohol, but for an alcohol-free option, you can create your own at home using zero-proof bourbon.

Mix it up

Cherries are a complementary garnish for certain fruity mocktails, like Mai Tais and any zero-proof whisky-based mocktails.



Blueberry Tea

Blueberry Tea is a riff on a hot toddy and contrary to popular belief, it doesn't include any blueberry! Though the origins of this mocktail are unclear, the flavour combination creates a fruity aroma, amplified by the fume-concentrating properties of a snifter glass.

INGREDIENTS

- $\frac{3}{4}$ oz zero-proof orange liqueur
- $\frac{3}{4}$ oz almond syrup
- $\frac{3}{4}$ cup Orange Pekoe tea
- Orange wheel, for garnish

TO PREPARE

Mix zero-proof orange liqueur and almond syrup in a snifter and swirl the glass to combine.

Steep the Orange Pekoe tea for 3-5 minutes then pour it into the snifter.

Garnish with an orange wheel.

Swirl the glass one more time to release the aromas.



Cereal Milk Punch

Our favourite childhood cereals have a distinct flavour and hold significance in our minds—taking us back to the times of Saturday morning cartoons and summer vacations. That's pretty powerful magic for a modern mixologist.

This zero-proof punch equips you with a drinkable time machine to get all the memories and none of the buzz.

INGREDIENTS

- 1 cup cereal
- 2 cups milk of choice
- 1 oz zero-proof dark rum

TO PREPARE

Combine cereal and milk and steep for one hour. Strain the milk through a cheesecloth.

Combine 2 oz of cereal milk and 1 oz of zero-proof dark rum in a mixing glass with ice.

Stir to combine, and strain into a chilled rocks glass (or cereal bowl, for extra nostalgia).

Mix it up

Try making this punch with different breakfast cereals, like fruity cereals, cinnamon toast cereals, or frosted flakes.



A background image showing a social gathering around a table. In the foreground, there's a bowl of nachos with cheese, beans, and radishes. Next to it is a glass of water with ice. Further back, there's a bowl of guacamole, a plate of bread, and a glass of red wine. A lit candle in a brass holder is on the left. The table is set with various dishes and drinks, creating a warm, social atmosphere.

Mixology Myth or Flavourful Fact?

There's plenty of misinformation about alcohol consumption out there and, to be fair, a lot of it is believable at first glance! We've compiled some of the most common myths we've heard and the truth behind them—removing the guesswork for you.

MYTH

Alcohol warms you up.

FACT

Alcohol makes you feel warmer temporarily by causing blood vessels to dilate, which increases blood flow to the skin. So, while you may feel warm and cozy (or even uncomfortably hot) in the short run, it's temporary. In fact, blood loses heat faster when it's closer to the skin, so this process lowers your core body temperature and makes you more susceptible to the cold.

MYTH

Drinking red wine in moderation is good for your health.

FACT

Red wine's antioxidants, like resveratrol, may offer some heart health benefits, but the risks may outweigh the benefits. Excessive drinking poses serious risks, including heart damage and addiction. Stick to Canada's guidance of no more than two drinks a week and savour your wine responsibly.

MYTH

"Beer before liquor, never been sicker."

FACT


There's little scientific evidence to suggest that the order you consume alcohol has any impact on your blood alcohol content. It's all about tracking how much you drink and how fast you drink it.

MYTH

Eating food will sober you up.

FACT

While there might be nothing more tempting than the post-party fast food order, eating food once you're intoxicated won't help neutralize the alcohol in your system. Eating food before you drink, however, will slow the absorption of alcohol and can help your body manage it easier.



0% White Cranberry Vermouth and Tonic

Vermouths are often relegated to a supporting role in Martinis, Manhattans and Negronis. But we think they deserve a bit more spotlight. This aromatic mocktail (served ice-cold) packs a floral punch and refined flavour profile.

Mix it up

If you don't have a cocktail shaker at home, try shaking in a mason jar or any lidded container. Though these are not typical shakers, the motion is essential for proper chilling, aeration, and dilution!

INGREDIENTS

- 1 oz zero-proof white vermouth
- 1 oz white cranberry juice
- ½ oz simple syrup
- 3 oz tonic water
- Frozen cranberries, for garnish

TO PREPARE

To a shaker with ice, add all ingredients except the tonic water and shake well until chilled.

Strain into a short glass with ice, then top with tonic water.

Garnish with frozen cranberries.

Tinto de Verano

INGREDIENTS

- 1 bottle zero-proof wine, chilled
- 3 cups orange soda, chilled
- Orange wheels, for garnish

TO PREPARE

Mix zero-proof wine and soda in a pitcher and stir to combine. Keep chilled until ready to serve.

Prepare wine glasses by adding ice and a few wheels of sliced orange.

Pour chilled mixture into wine glasses.

Mix it up

We use a young, fruit-forward wine for this one, but you can play around with the type of wine you like best and adapt it for the season.



Host With the Most

DrinkSense is about providing options for everyone, so whether you drink alcohol, are sober-curious, or are completely zero-proof, we've compiled a few tips to ensure you remain the host with the most for all your guests and gatherings.



1. OFFER ZERO-PROOF OPTIONS

This should come as no surprise, but we recommend offering your guests an equal number of non-alcoholic options as alcoholic ones. This can be as simple as soda and water, but you can kick it up a notch by buying some zero-proof beer or wine or mixing it up with a mocktail.

2. SERVE SNACKS

Ensure your guests can sip slowly and snack often by serving an assortment of tasty bites. Be sure to include some vegan and gluten-free options for your pals too!

3. NO QUESTIONS ASKED

If one of your guests has opted for a zero-proof option, or only had one or two beers, don't push them. Guests don't have to have a "reason" for choosing alcohol-free, and asking questions may make them uncomfortable.

4. ACTIVITIES THAT DON'T INVOLVE DRINKING

Though we love a good drinking game (zero-proof beer pong, anyone?), make sure there are a variety of activities that don't only focus on alcohol, such as board games or a dance floor with some good tunes. Drinking games can lead to binge drinking or unintentionally pressuring your pals to do something uncomfortable (which none of us want!).

5. SERVE ALCOHOL ON THE SIDE

If you plan to serve batched cocktails (like a punch), consider serving the alcohol on the side with a jigger. This way, your guests can clearly see and control how much they're drinking (if they're drinking at all).

6. HAVE A "GET HOME SAFE" PLAN

If you'll be serving alcohol at your get-together, be sure all your guests have a way to make it home at the end of the night. If you're in a city with rideshare services, make sure you have an account ready to go to call a ride for your friends. If you're outside of a city centre, designate drivers ahead of time or organize alternate forms of transit like a private shuttle.

At the end of the day, anyone hosting a gathering wants their guests to have a good time! Making an event inclusive and accessible won't take away the fun from any of your pals—instead, it ensures the vibes are good for everyone.

Wine (Need We Say More?)

Amongst the de-alcoholized products on the market, wine has been around for a while. And while a simple glass of wine is sometimes unbeatable, you can also mix it up with a mocktail for something unique and tasty.

Zero-Proof Cran-Apple Spice Sangria

INGREDIENTS

- 1 oz cranberry juice
- 1 oz apple cider
- ½ oz cinnamon syrup
- 1 oz zero-proof rosé
- 2 oz ginger ale
- Fresh cranberries, for garnish

TO PREPARE

Combine all ingredients except ginger ale in a mixing glass. Stir to combine and chill for several hours.

When ready to serve, pour the sangria mix into a chilled wine glass with ice and top with ginger ale and fresh cranberries.



Hibiscus Grapefruit Cooler

INGREDIENTS

- 1 ½ oz hibiscus tea, cooled
- 1 ½ oz grapefruit juice
- 1 oz simple syrup
- 2 oz zero-proof chardonnay
- 2 oz soda water
- Fresh grapefruit, for garnish

TO PREPARE

Combine all ingredients except soda water in a mixing glass and stir over ice.

Strain into a tall glass with fresh ice and top with soda water.

Garnish with a slice of grapefruit.



Mango Chamoyada

The Chamoyada might be the ultimate summer drink. The unique flavours come from chamoy; a Mexican condiment made from sweet, dried fruit, spicy Chile de Arbol, salty Tajin and sour Hibiscus flowers. This bold mix of flavours, combined with a sweet, slushy base, pairs perfectly with the scorching summer heat.

INGREDIENTS

- Lime juice and Tajin, to rim the glass
- 1 fresh mango (or 1 ½ cups frozen mango), cut into chunks
- ½ cup ice cubes
- ¼ cup chamoy

TO PREPARE

Rim a hurricane glass with lime juice and Tajin and set aside.

Blend ice and half of the mango until smooth and slushy.

Pour ingredients into the glass in layers, alternating between slush, remaining mango chunks, and chamoy, until your glass is full.

Garnish with a few chunks of mango.



Join the party

WHERE TO FIND US

The fun doesn't end here. DrinkSense hosts events throughout the year including pop-ups and Mocktail Week. We're also at select events (like the Winnipeg Wine Festival), serving up delicious samples of mocktails listed in this guide and beyond.

Follow us on social media [@DrinkSenseMB](#) to see where we'll be next.



