



**DRINK**  
*this!*

The Go-to-Guide for  
Alcohol/Spirit-Free beverages

# ABOUT QUESTION THE DRINK

The mission behind Question the Drink is to provide awareness and acceptance to those who wish to be mindful, curious, or wishing to abstain from alcohol.

Society has depicted that it is "normal" to drink. While most adults do drink alcohol, it doesn't mean everyone should be expected to. Question the Drink movement is about changing the way society views the non-drinker and support those that are:

Gray area drinkers

Sober curious

Mindful drinkers

Abstinent drinkers

Recovering drinkers

Health-conscious

... and you, however, you identify!





# ABOUT KARI



Hey friend!

I'm Kari, a Gray Area Discovery Coach. I help high performers navigate stress, overwhelm, and "gray area" vices that are keeping them limited from their highest success and deepest joy. I show them what seems impossible IS possible!

When I quit drinking back in August 2016, I found it frustrating and disappointing when I was socializing with friends or out for dinner.

The choices are always the same...water, iced tea, or soda. Can you say BORING??? I'm on a mission to fix this!

That's why I created Drink THIS! I wanted to provide a quick resource for delicious non-alcoholic choices, including wines, beer, and spirits that are de-alcoholized.\*

I hope you find this guide useful as you continue to question the drink and live life on your terms!

***\*Only use de-alcoholized products if not triggered or have a history of severely abusing alcohol.***

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## INTRODUCTION

**Drink THIS!** was created to empower and uplift you in your journey of questioning the drink.

Having an alternative, yummy drink in your hand can help you feel part of the party and give your subconscious the permission to relax and join in the fun!

*\*If you find that in using the recipes OR partaking in the N.A. selections in this ebook you are triggered or that the drinks bring up feelings that are negative, please do not continue using it.*

*In addition, some non-alcoholic beers, wine, and kombucha products may contain small levels of alcohol. Use with caution.*

It is important for you to know and understand your boundaries and to protect your mental health.

If you are struggling to understand where your boundaries are please send me a message and consider joining the private Question the Drink Facebook Group for further support.



Quick and Easy





A close-up photograph of a glass filled with a pinkish-red beverage, likely a cranberry splash. The drink is garnished with several clear ice cubes, fresh cranberries, and a slice of lime. A sprig of rosemary is tucked into the drink. The background is dark and textured, with more cranberries and a lime wedge visible.

## KARI'S CRANBERRY SPLASH

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*My favorite go-to drink that quiets any cravings. Quick and easy to make it will feel like a win all around!*





## Kari's Cranberry Splash

My favorite go-to drink that quiets any cravings.  
Quick and easy to make it will feel like a win all around!

**Level: Beginner**  
**Time to Make: 2 Mins**

**Ingredients:**  
**1/4 C of Cranberry juice**  
**3/4 C of Pellegrino**  
**2 fresh lime wedges**

Begin with adding ice to your cup - adding the ice first helps you avoid any spills. Measure and pour into your glass 3/4 C of Pellegrino. Gently measure and add 1/4 C of cranberry juice. Next, cut two fresh wedges of lime. Take one of the wedges and squeeze into your drink. Carefully stir the ingredients together making sure to not overstimulate the sparkling water. Make a small cut in the middle of the remaining lime wedge and use as a garnish on the edge of the glass. Enjoy!

**Pro Tip:** Before slicing, roll your whole lime on the counter gently pressing down like a rolling pin to make the juice become more accessible.



# Guilt Free Bellini

By Cheeky Kitchen



Hosting a baby shower or a brunch? This drink is the perfect accompaniment; it tastes special occasion-ish but is a delicious drink everyone can enjoy.

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*Bellinis are sparkling Italian drinks made with simple ingredients: Sparkling cider and peach purée. They're fizzy and refreshing, with more body than your average drink. Bellinis are also easy to make!*

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## **Ingredients:**

2 ounces peach  
nectar or purée

Sparkling apple cider

Peach slice for  
garnish

Measure and pour into your champagne glass 2oz of peach nectar or purée.

Slowly top off the glass with sparkling cider.

Gently stir the ingredients together to make sure the cider is well blended with the peach purée.

Next, cut a fresh wedge of peach. Take the peach wedge and make a small cut in the middle of it to use as a garnish on the edge of the glass.

Enjoy!

# Watermelon Mint

By Andrea Mathis, M.A., R.D.N.,L.D.

## Directions:

Mash mint leaves in the bottom of a large cocktail glass or pint glass with a muddler or small wooden spoon. Fill the glass one-third full of ice; add watermelon juice. Top with club soda and garnish with a watermelon slice and more mint leaves, if desired. (\*and key limes!)

**Pro Tip:** To make your own watermelon juice, puree 1 1/2 cups cubed seedless watermelon in a blender until smooth. Pour the mixture through a fine-mesh sieve into a bowl, pressing with a spoon to release juices. Discard solids. Cover and refrigerate the juice for up to 4 days.

*This refreshing mocktail hits the spot every time! Plus I'm a sucker for mint, lime and watermelon.*

*\*I like to add a few key limes!*



Level: Beginner

Time to Make: 5 Mins

## Ingredients:

2 or more mint leaves  
(save some for garnish)

1 cup ice

3/4 watermelon juice

1/2 cup club soda

1 small slice of  
watermelon for garnish

Optional: garnish with  
key limes



# DRINK

*This!*

No sitting on the sidelines here!





## Pomegranate Mojito

By Good Food Team

Requires a day ahead prep  
Level: Medium  
Makes 1.5 L

### Ingredients:

3 tbsp pomegranate seeds  
big bunch of mint  
2 limes , quartered, plus slices to garnish  
1l pomegranate juice  
500ml lemonade

### Pro Tip:

Make sure to bash the mint under a rolling pin or with your hands to release the oils, so it yields plenty of flavor.

You are sure to be named the best host and satisfy your guests with this fresh take on mojitos.

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A day ahead, divide the pomegranate seeds between the holes in an ice cube tray, top up with water and freeze.

Reserve half the mint for serving, and tear the rest into a large jug with the lime quarters. Using a rolling pin, bash the mint and lime to release the flavors. Add the pomegranate juice and lemonade. Put ice cubes in each glass, then strain over the pomegranate mix through a small sieve. Garnish with lime slices and more mint.



# Apple & Mint Elderflower Cordial

By Good Food Team

*Use up your homemade elderflower cordial in a simple blend with apple juice, fresh mint and a little soda water. Use a different cordial if you like, and if you can't get hold of mint, swap it for fresh rosemary.*



To start, make sure to chill your glasses.

Next, mix elderflower cordial with your cloudy apple juice.

Chop a small handful of mint leaves roughly and add them to the mixture. Stir well.

Fill chilled glasses halfway and top with sparkling water.

## **Ingredients:**

75ml elderflower cordial

1l cloudy apple juice

small handful mint leaves,  
roughly chopped

bottle sparkling water

# Pineapple Ginger Sparkler

By Cheeky Kitchen



## INGREDIENTS

SERVES 8 - 10

4 cups (1 liter) ginger ale, chilled  
4 cups pineapple juice, chilled  
1 piece (2 inch) fresh ginger, sliced thin  
1 orange, thinly sliced  
1/2cup fresh basil leaves, destemmed

**PREP TIME:** 5 mins

**LEVEL:** Medium

## METHOD

Prepare by peeling and thinly slicing the fresh ginger - set aside.

Slice your orange leaving the peel on - if letting the oranges sit, you may consider peeling the oranges as they tend to give off a bitter place it left to soak for a few hours.

Remove basil leaves from the stem and crush them slightly to release their oil.

In a 64 ounce pitcher, combine the ginger ale and pineapple juice. Top with oranges, ginger and basil and stir gently.

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*Fresh enough for spring and summer, spicy enough for warmer months, this delicious drink is a go-to for just about every party.*



# Mixologist



# Sweet Spiced Lassis

By Good Food Team



**PREP TIME**  
5 min



**SERVES**  
6

## INGREDIENTS

Low fat yogurt  
water  
A few toasted cumin  
seeds  
A little chopped  
fresh coriander  
For a sweet lassi  
Sugar , to taste  
Few drops of  
rosewater , to taste

## METHOD

Start by toasting your cumin seeds. To obtain optimum flavor from whole cumin seed, toast it over medium heat in a heavy skillet until it turns a mahogany color.

For spiced lassi, whisk equal amounts of low-fat yogurt with water using a balloon whisk to create a frothy foam.

Then serve sprinkled with a few toasted cumin seeds and a little chopped fresh coriander.

For a sweet version, whisk the yogurt and water with a little sugar to taste and a few drops of rose water.

*This refreshing Indian drink is designed to cool the palate following spicy food. It has a yogurt base, which in this recipe can be made savory by adding cumin and coriander, or sweet with rosewater and sugar.*





## Passion Fruit Martini

By Good Food Team

Hosting a last-minute party?? This drink is the perfect accompaniment; it tastes special occasion-ish but is a delicious drink everyone can enjoy.



### Ingredients:

- 3 passion fruits , halved
- 1 lemon , juiced
- 1 egg white
- 100ml alcohol-free spirit
- 2 tsp sugar syrup
- handful of ices
- parkling grape juice

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Start by scooping the flesh from four of the passion fruit halves into a cocktail shaker.

Add the lemon juice, egg white, spirit and syrup and shake vigorously until frothy.

Add the ice, then shake again until the outside of the shaker feels cold.

Double strain into martini glasses (see tip below).

Top up the martinis with the grape juice and garnish with the remaining passion fruit halves

### Pro Tip:

To 'double strain' means to cover the cocktail shaker with a hawthorne strainer (or use the integrated strainer if you have a cobbler-style shaker) while holding a fine sieve over your glass and pouring the liquid through it. The first strainer holds back the ice, while the second, finer strainer gets rid of any smaller bits, such as pips.

# Old Fashioned

By Sam Dagger

*All the depth and bitter character  
of an old fashioned*

## Ingredients:

**For the premix** (makes 10 servings)

470ml hot water  
20g hops – optional

2½ tsp cayenne pepper

9 cloves

4 cinnamon sticks, cracked

2 twists orange peel (or 4 twists if not using hops)

20g loose lapsang souchong tea leaves

140g light muscovado sugar

5ml orange bitters

9ml Angostura bitters

**For the drink** (per serve)

35ml old fashioned premix (see above)

35ml water  
1 orange twist, to garnish

If you can't get hold of hops, a small pinch of gentian root makes a decent substitute – you can get hold of that in healthfood shops. And if you don't use either, simply double the amount of orange peel to compensate.

To make the premix, put the first seven ingredients in a pan and leave to steep for 30 minutes.

Strain into a clean jug, then add the sugar and bitters, and stir to dissolve.

Fine-strain through muslin, J-cloth or a coffee filter into a sterilized jar and store in the fridge, where it'll keep for up to two weeks.

To serve, pour the premix and water into a rocks glass over ice and garnish with an orange twist.





A photograph of two glasses of pink drinks on a silver tray. The drinks are garnished with fresh basil leaves and served with pink straws. In the background, there are sliced citrus fruits and a bottle of beer. The text "Ready to Drink Delicious N.A. Options" is overlaid on the image.

# Ready to Drink Delicious N.A. Options

# Non-Alcoholic Beers

**Three Notch'd IPA** - West Coast Style IPA is hopped with an abundance of American hop varieties giving it a tropical, peachy, pineapple flavor with big citrus, grapefruit, tangerine notes in the nose and in the finish.

**Buckler** - Sweet clean malted notes with grassy hops in the finish. Medium profile with and semi-dry mouthfeel this is delightful.

**Clausthaler** - Genuine real beer taste is well-balanced, fresh, and easy to drink, with a creamy feel on the palate and a pleasing golden color to match.

**Heineken 00** - Defined by its refreshing fruity notes and soft malty body - perfectly balanced.

**St. Pauli** - Euro Pale Lager. Pours a pale golden yellow with nice carbonation. Aroma is grainy with hints of rice and malt. A strong taste of grains and corn with a perfect touch of sweetness.

**Athletic Brewing Co** -Great tasting Non-Alcoholic Craft Beer made with high-quality, all-natural ingredients. Low calories for the active lifestyle

**Gruvi** - Craft brewed non-alcoholic beers and wines. Enjoy the same great taste of your favorite drink, without the alcohol.

**Bavaria** - Natural sweetness of the grain, clear hop full-body, with a strong after bite.





## Non-Alcoholic Beers 2

**Weihenstephaner** - Weihenstephaner non-alcoholic wheat beer is the right choice after strenuous exercise or playing sports.

**Wellbeing Brewing Co** - Wellbeing Brewing Company®, the country's very first brewery solely dedicated to brewing Non-Alcoholic Craft Beer.

**Bitburger** - Euro Pale Lager. A refreshing, non-alcoholic beer fully-fermented so that there is no need for pasteurization. It has a crisp, fresh taste that is sure to quench your thirst. Fully matured to lock-in that signature Bitburger taste.

**Becks** - Euro Pale Lager. Pours a clear pale yellow. Has a mildly sweet, malty aroma with hints of bitter hops, grain, and yeast. A grainy, slightly bitter taste with hints of rice, grass, and just a touch of caramel malts.

**H20PS** - Sparkling water with the subtle and complex flavors of grapefruit, lemon, lime, pine, blueberry, floral, mint, and earthy spices all from the hops.

**Kaliber** - Crisp, smooth with notes of bread flavors. Very drinkable and enjoyable.

**Moritz** - Spanish beer that is refreshing and can be enjoyed anytime. The perfect blend of flavor and aroma.

**O'Douls** - one of the first to market, the Amber version is toasty with caramel bread flavorings. While this isn't my first choice, it works when it's the only option.



# De-Alcoholized Spirits

**Seedlip** - Seedlip is a British company that makes plant-based liquor substitutes for use in non-alcoholic mixed drinks. The world's first distilled non-alcoholic spirits. They are sold in three varieties: Spice 94, Garden 108, and Grove 42

**Rituals** - The taste of gin, whiskey, and tequila without alcohol or calories. So you can celebrate tonight and still crush tomorrow.

**Kin Euphorics** - Kin is a collection of uniquely non-alcoholic beverages made from adaptogens, nootropics, and Botanics that let you indulge in a richer revelry. Our beverages are rich in healthful restorative pleasures that help you rise to every occasion.

**Wilderton** - Bold Non-Alcoholic Spirits Expertly Distilled from Raw Botanicals Create Reimagined Cocktail Options for the Adventurous Drinker

**Ghia Aperitif** - vibrant, fresh and satisfying, tastes like summer on the rocks with notes of florals, earthy botanicals, with a clean kick of citrus.





## De-Alcoholized Spirits 2

**Lyres** - Every Lyre's spirit looks, tastes and sashays around the palate just like the original. And yet, the absence of giggle juice enables revelers to remain clear-headed, of good cheer and in fine fettle to pursue whatever tickles their fancy the following day.

**Monday Gin** - Made with love in small batches at our Southern California craft distillery, our (growing) team is committed to bringing you the very best alcohol-free drink experiences possible. Our gin is just the beginning, our customers are shaping our progress and our community is at the forefront of every decision we make.

**Curious Elixirs** - Curious Elixirs are booze-free craft cocktails for everyone. Handcrafted in the Hudson River Valley, we use only the best ingredients and nothing artificial. Our cocktails combine ONLY organic juices, spices, herbs, roots, barks, and botanicals. Crafted for Complexity Brewed without booze for maximum flavor. Lightly carbonated to make your mouth dance. Each flavor is a collaboration between our team of world-class bartenders, herbalists, and food scientists.

**Sweet Reason CBD** - Bringing the health benefits of cannabinoids into the mainstream through delicious beverages.



# De-Alcoholized Wines

*As a former wine snob, I will say that de-alcoholized wine lacks body and complexity, however, there are a few decent ones on the market and worth exploring, if you choose.*

**Fre** - Fre delivers a refined alternative to blasé sodas and flavored water. We craft our delicious, alcohol-removed wines for everyday enjoyment.

**Ariel** - Before ARIEL's debut, de-alcoholized wines were widely believed to lack the quality of traditional wines. But at the 1986 Los Angeles County Fair, ARIEL Blanc went up against wines with alcohol and was awarded the Gold Medal. Since that moment, ARIEL has gone on to earn critical acclaim and numerous awards in competitions throughout the world.

**Rock Grace St. Regis** - A beauty and wellness drink designed as a wine alternative for your contemporary lifestyle. Infused with crystal energy, beauty-enhancing botanicals, and healing adaptogens. Made with good for you ingredients, good vibes + love.

**Le Petit Chavin Merlot** - Enhanced by an intense ruby color with bright reflections, Le Petit Chavin Red reveals a nose with aromas of red fruits. With a pleasant freshness, a youth, and a perfect balance and control, it undoubtedly delights the senses.

**Señorío de la Tautila Tempranillo** - Produced in Spain by Bodega Senorio de la Tautila using traditional winemaking methods after which the wine is dealcoholized. Ripe cherry-colored wine of mild intensity. Voluminous input in mouth, persistent structure with personality.



# Delicious Non-Alcoholic Beverages



When you need something simple that holds the pucker power you're searching for, we have a few suggestions for you!

**Dry Botanical Bubbly** - Not just a botanical bubbly, they elevate what zero-proof options can be and bring people together to celebrate every moment.

**Dry Soda Petal Sparkling** - Meet Petal, the unique organic beverage experience that sparkles with wild, rebellious, flower-powered goodness. No fake stuff —just crafted from the finest botanical essences and extracts. Stop & sip the botanicals.

**Topo Chico La Croix** - Topo Chico is powerfully effervescent—but its bubbles are less abrasive than most sparkling waters, more like pleasant little pinpricks than relentless fizz.

**Bubly** - Bubly sparkling water pairs crisp, sparkling water with natural fruit flavors. Refreshing taste: Each flavor comes with a different smile. Refreshing and delicious taste. The water is wholesome, naturally filtered, and crystal-clear.

# Delicious Non-Alcoholic Beverages 2



*My ultra favorites are listed here.*

*If I had to pick just one, it's the Wild Tonic Jun-Kombucha!*

**Wild Tonic Jun-Kombucha** - Jun is a cousin of traditional Kombucha. Made with honey instead of cane sugar it is smoother, lighter, and absent of a vinegar bite common in traditional Kombucha.

**Fever-Tree** - one of the best brands of tonic, ginger ale, and ginger beer. Tonic alone with a slice of lime will provide the pucker power you crave.

**Pellegrino** - my favorite sparkling water. Add a slice of lime, lemon, orange, or kiwi to add some flavor. It's just perfect.

**Mother Shrub** - Made using a combination of apple cider vinegar and fresh, organic, and non-GMO ingredients. A perfectly balanced tart and sweet, non-alcoholic mixing vinegar for spritzers, elixirs, and mocktails.

*\*Read the labels on kombucha and some non-alcoholic beer. They may contain a small level of alcohol. Use with caution.*





*Most of the below can be found online.  
Check local stores for availability in your area.*

**Kul Mocks** - awesome new mocktails in 3 delicious flavors, Strawberry Mock-arita, Mock Mule, Blackberry Mock-jito. Find them online.

**Mocktail Club** - with 4 flavors: Havana Twist, Capri Sour Bombay Fire, Manhattan Berry. Yum!

**NOPE!** - new on the mocktail scene with delicious flavors: Mango Margarita with Jalapeno, Raspberry Lime Ginger Beer, Strawberry Basil Smash, Rosemary Vanilla Lemonade

**Mingle** - Sparkling mocktails that are low calorie, refreshing, and featuring a variety of natural botanicals. Perfect when mingling!

**Recess** - infused with CBD, this drink will help you to reset and rebalance better than your 2 pm coffee.

Life is just getting started!







Be willing to try  
something different  
if you want a  
different result

Kari Schwear







Thank you for letting us be a part of your journey  
as you Question the Drink.

For more information on  
services, blogs, recipes, and free resources,  
go to: [www.graytonic.com](http://www.graytonic.com)

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