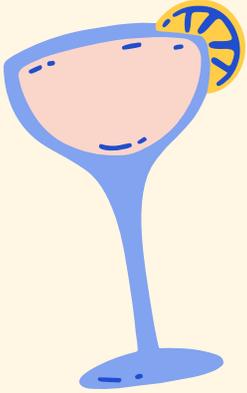


MOCKTAIL MIXOLOGY

BASICS



ELEMENTS OF A MOCKTAIL:

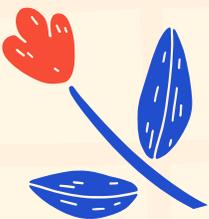
1. Complexity
2. Intensity
3. Texture
4. Aesthetics
5. Function (optional)



Mocktails elevate non-alcoholic ingredients into a thoughtfully crafted, visually appealing, and complex beverage. By balancing flavors, texture, and aesthetics, they become an intentional, celebratory, and deeply enjoyable experience.

COMMON MOCKTAIL INGREDIENTS

- Bitters (can be NA or regular. Ex. orange bitters)
- Carbonation (ex. sparkling water, tonic water, kombucha)
- Citrus (ex. juice, rinds, oils)
- Extracts (ex. rose water, almond extract, orange blossom water)
- Fat (ex. olive oil, coconut oil)
- Fermented Ingredients (ex. whey, water kefir, tepache)
- Foaming ingredients (ex. egg whites, aquafaba, gums, lecithin)
- Garnishes (ex. sprig of mint, orange slice, edible flowers)
- Herbs (ex. basil, hibiscus, kava)
- Juice (ex. pomegranate, apple, grape)
- Macerated or pureed fruit (ex. blackberry, pineapple, cranberry)
- Milks (ex. coconut milk, almond milk, dairy milk)
- Non-alcoholic products (ex. NA spirits, NA wine, NA beer)
- Salt (ex. sea salt, black lava salt, salt solution)
- Shrubs (ex. fruit-infused vinegar syrups with sugar)
- Spices (ex. cinnamon, pink peppercorn, vanilla)
- Sweeteners (ex. syrups, honey, maple syrup)
- Teas (ex. black tea, green tea, white tea)
- Tinctures (herbs extracted into glycerin or alcohol)
- Umami & Savory (ex. miso, soy sauce, tamari, mushroom broth, seaweed-infused water)
- Vinegar (ex. apple cider vinegar, coconut vinegar, balsamic vinegar)



ESSENTIAL TOOLS



BAR TOOLS:

- Cocktail Shaker (Boston or Cobbler)
- Jigger
- Mixing Glass
- Bar Spoon
- Muddler
- Hawthorne Strainer
- Fine Mesh Strainer
- Glassware (Rocks, Highball, Coupe, Collins, Martini, Wine)
- Ice molds (Large cubes, crushed ice, spheres)

KITCHEN TOOLS

- Citrus Juicer or Reamer
- Microplane/Zester
- Peeler or Channel Knife
- Cutting Board & Knife
- Blender
- Nut milk bag
- Measuring Cups & Spoons
- Teapot/French Press
- Whisk or Milk Frother
- Saucepan & Wooden Spoon

ADDITIONAL RESOURCES

Online Bottle Shop - [The Zero Proof](#)

All The Bitter- [NA Bitters](#)

NA Info Hub - [Zero Proof Nation](#)

Herbs & Spices- [Starwest Botanicals](#)

Herbs & Spices - [Mountain Rose](#)

*Use code LILAV15
for 15% off your order