

Spiced Holiday Mocktail



This spiced mocktail is always a hit with my family during the holiday season! Bright, spicy, and comforting, you can adjust the spices to suit your taste. Our dietitians love recommending it as a festive option that doesn't compromise on enjoyment or balance. No orange juice on hand? Simply double the apple juice for a softer, fruitier version. For variety, try our [Blood Orange, Peach and Rosemary Mocktail](#).

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 85

Fat 0

Carbohydrates 20

Fibre 0

Protein 1

Sodium 15

Ingredients

- 60 ml (¼ cup) orange juice
- 60 ml (¼ cup) apple juice
- 15 ml (1 tbsp) lemon juice
- 2.5 ml (½ tsp) fresh ginger, grated

- 1 ml (¼ tsp) vanilla extract
- 85 ml (? cup) ginger beer (50% less sugar), such as Fever Tree's
- 1 pinch cinnamon
- 1 pinch ground Cayenne Pepper
- Ice cubes, to taste

Glass rim garnish (*optional*)

- 15 ml (1 tbsp) sugar
- 2.5 ml (½ tsp) cinnamon
- 1 lemon wedge

Garnish ideas (*optional*)

- Orange slices
- Cinnamon sticks
- Apple wedges
- Rosemary
- Star anise

Preparation

1. Combine the sugar and cinnamon on a small plate. Rub the rim of the glass with the lemon wedge, then dip the glass into the mixture to coat the rim.
2. In a shaker or large glass, pour in the orange juice, apple juice, lemon juice, ginger, vanilla, cinnamon, and cayenne. Shake vigorously.
3. In the prepared glass, add the ice, pour in the mixture, then top with the ginger beer.
4. Stir gently and garnish as desired.

Notes

Best consumed immediately.



Gabrielle Simard
Culinary Creator