

Mocktail Recipes

Honey-Ginger Chamomile Spritz

Ingredients

- 2 tbsp Honey-Ginger-Chamomile Simple Syrup
- 1 tbsp fresh lemon juice (use 2 tbsp if you want it extra bright)
- 4–6 oz sparkling water (top to taste)
- Ice

Method

1. Fill the glass with ice.
2. Add simple syrup and lemon juice.
3. Stir gently to combine.
4. Top with sparkling water (taste as you pour — more water = lighter flavor, less water = stronger flavor).
5. Garnish and serve immediately.

Helpful Tips

- Adjust flavor to taste - more lemon for a tangier flavor, less sparkling water for a stronger flavor

Honey-Ginger Chamomile Simple Syrup

Ingredients

- 1 cup water
- 2 chamomile tea bags or 2 tbsp loose chamomile
- 2–3 inches fresh ginger, sliced
- ½ cup honey

Method

1. Add water and sliced ginger to a small saucepan. Bring to a gentle simmer.
2. Turn off the heat, add chamomile tea bags, and cover.
3. Let steep 10-15 minutes for a strong chamomile-ginger flavor.
4. Remove tea bags and ginger pieces.
5. Stir in the honey while the mixture is still warm, until fully dissolved.

Helpful Tips

- Store in a sealed jar in the refrigerator for up to 7-10 days.