

33 grown-up zero-proof drinks for every occasion

The Zero-Proof Bar

Beautiful, bar-quality drinks without the alcohol, with pantry-first recipes, simple techniques, and a plan for every kind of gathering.

Pantry-first recipes | NA-spirit swaps

Hosting | batches | Dry January

Why zero-proof

A great drink is about flavor, ritual, and the pleasure of making something beautiful for someone. None of that requires alcohol.

Maybe you're doing Dry January, or you've simply noticed you feel better when you drink less. Maybe you're pregnant, driving, training, or hosting friends who don't drink. Or maybe you're just curious. Whatever brought you here, you deserve better than a sad soda water with a lime wedge.

This book is built around one idea: the best zero-proof drinks aren't imitations. They borrow the structure of classic cocktails, balancing sweet, sour, and bitter, and build it from tea, citrus, shrubs, spices, and good sparkling water.

Most of the 33 drinks here need nothing more than a well-stocked kitchen. A handful use non-alcoholic spirits for when you want the full bar experience, and every one of those comes with a pantry alternative.

Three ways to use this book

1. **Start with the pantry.**
   Make one house syrup and try three pantry-only drinks this week.
2. **Pick an occasion.**
   Hosting, brunch, or a cozy night in? Each chapter is built around a moment.
3. **Make it a ritual.**
   Use the Dry January calendar at the back, in January or any month you like.



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Start tonight

Want the fastest win? Make the Garden Spritz on page 16. It is bright, simple, and looks special.

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Start here

Read "Before you pour," make one house syrup, then try the Grapefruit Rosemary Tonic. It's the easiest drink in the book.

Crowd favorites

17 Grapefruit Rosemary Tonic

24 Hibiscus Lime Margarita-Style

23 Smoked Tea Old Fashioned

30 Cranberry Rosemary Sparkler

27 Espresso Martini-Style

50 Sangria-Style Pitcher

Before you pour

Zero-proof doesn't always mean zero alcohol. If you need to avoid alcohol completely, these details matter.

Read the label

In the US and many other countries, drinks labeled non-alcoholic can contain up to 0.5% alcohol by volume. Look for 0.0% or alcohol-free if you need none at all. Non-alcoholic spirits, wines, and beers vary, so check each bottle.

Bitters

Most aromatic bitters are made with alcohol. A dash adds only a trace, but it isn't zero. Every recipe that mentions bitters marks them optional and suggests an alternative.

Fermented drinks

Kombucha and some craft ginger beers can contain small amounts of alcohol from fermentation. Check labels if it matters to you.

If you're in recovery

For some people, drinks that closely imitate alcohol can be a trigger. If that's you, the pantry-only recipes built from tea, fruit, and spice may be a better starting point, and it's worth checking in with your support network about what feels right.

If you're pregnant

Choose 0.0% products and pantry-only drinks, and ask your clinician if you have questions. Avoid raw egg; the nog in this book is cooked to a safe temperature.

Sugar

Some zero-proof drinks are sweeter than you'd expect. Adjust syrups to taste, and lean on bitter and sour elements for balance.

Aperitivo hour

Blood Orange Italian Soda

A salted citrus soda with a gorgeous sunset color.

Pantry only · Built



Glass	Method	Makes	Time	Style
Highball	Built	1 drink	3 min	Pantry only

Ingredients

1 1/2 oz (45 ml)
blood orange juice

1/2 oz (15 ml)
fresh lemon juice

1/2 oz (15 ml)
honey syrup

pinch
flaky salt

4 oz (120 ml)
soda water

Method

1. Stir the juices, honey syrup, and salt in a highball glass.
2. Fill with ice and top with soda.
3. Stir gently and garnish with a blood orange wheel.

Garnish

Blood orange wheel

Pair with

Pizza, flatbread, or a charcuterie board

Notes

Why salt?

A tiny pinch of salt makes citrus taste brighter and rounder.

Out of season?

Use regular orange juice with a splash of pomegranate juice for color.

Cozy and warm

Mulled Spiced Cider

The smell of this alone makes a house feel like the holidays.

Pantry only · Warm



Glass	Method	Makes	Time	Style
Mug	Warm	6 drinks	30 min	Pantry only

Ingredients

- **6 cups (1.4 L)** apple cider
- **1** orange, sliced
- **2** cinnamon sticks
- **6** whole cloves
- **3** star anise
- **1 inch** fresh ginger, sliced

Method

1. Combine everything in a large pot.
2. Warm over low heat for 20 to 30 minutes without boiling.
3. Ladle into mugs, leaving the spices behind.

Garnish

Orange slice and cinnamon stick

Pair with

Cheese boards, pies, roasted nuts

Notes

Slow cooker

Keep it warm on low for a party, up to 4 hours.

Less sweet

Replace 2 cups of cider with strong black tea.