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Dry & Damp Guide

31 Days
*of n/a &
low abv
cocktails*



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As a Cocktail Syrup company, we love cocktails and we love the spirits that go into them. We also understand the importance of having healthy boundaries with alcohol. Taking a break from alcohol or switching to low-abv drinks can be an important step in evaluating your relationship with alcohol.

This guide will help you take a 31 day break from alcohol and provide you 22 non-alcoholic and low-abv recipes, information on great non-alcoholic spirit options, resources for setting taking a step back from alcohol, and places to look for non-alcoholic and sober curious lifestyle inspiration.

What You'll Find In This Guide

Taking A Step Back From Alcohol

Damp vs. Dry

Non-Alcohol Spirits

Liquid Alchemist Syrups

Non-Alc Recipes



Taking A Step Back From Alcohol

Taking a step back from alcohol gives you an opportunity to evaluate when, why, and how much you drink. It also can help you discover how alcohol is affecting your sleep, skin, and overall health.

Here are a few tips for successfully taking a break from alcohol:

Tell your crew. Telling people ahead of time helps avoid the awkward in-the-moment explanation.

Find alcohol alternatives. Check out the non-alc cocktail ideas in this guide and the mocktails popping up in restaurants and bars menus.

Find activity alternatives. Think about when you drink and plan if you need to swap that part of your day with a new activity.

Pay attention to your body. Take notice if you are sleeping better, feeling more energized, or any other changes.

Plan for what is next. Think about how you want to approach drinking after your break from alcohol is over or if you want to extend your break.



Taking A Step Back From Alcohol Resources

We are not experts on addiction, boundary setting, or health. For more information, check out the resources below:

If you need to assess your drinking habits, visit the National Institutes of Health's Rethinking Drinking Tools

If you are struggling with addiction, visit the Substance Abuse and Mental Health Services Administration or call 1-800-662-4357.



Damp vs. Dry

In the past couple of years there has been a lot of buzz around the idea of going 'Damp' for periods of time verses going 'Dry'. Going 'Damp' is a great option if you want to step away from your usual alcohol consumption but still want the option to have a drink at a special occasion or to consume low-alcohol drinks.

We have included some low-alcohol (also known as low-abv) cocktails in this guide that are great alternatives to traditional cocktails. They will still give you the feeling of an alcohol-based cocktail, while using ingredients like lower-proof spirits and bitters to replace traditional spirits.

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Non-Alcoholic Spirits

Non-alcoholic spirits are exactly what they sound like – spirits without alcohol. These spirits are made either by stopping the fermentation process before the alcohol forms or evaporating the alcohol from the spirit after the fermentation process. Both processes preserve the flavor of the spirit sans alcohol, making your margaritas still taste like margaritas.

There are quite a few n/a spirit brands out there, but our favorites are Ritual Zero Proof, Seedlip, Lyre's, Optimist, & Pentire.



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Premium Cocktails Deserve Premium Syrup

Liquid Alchemist's premium syrups transform your favorite cocktails into unique, memorable formulas that transcend the everyday. Here's why you want to choose Liquid Alchemist syrups above other options:

Made With Premium Ingredients Ingredients matter! We use natural ingredients in our syrups to provide the quality you deserve for the cocktails you love.

Cocktails Made Easy We're here to help you. Our syrups make it a breeze to craft amazing popular cocktails and a pleasure to enjoy them.

Excellent Shelf Life Great cocktails should be savored, which is why our syrups have a long shelf life. So take your time to enjoy, and please refrigerate after opening.

Learn More About Liquid Alchemist



[@liquidalchemist](https://www.instagram.com/liquidalchemist)



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Liquid Alchemist Syrups

Before we get into the recipes, here are the Liquid Alchemist Syrups you are going to want stock up on.



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Cocktail Recipes

Dry Recipes

1. Prickly Pear Margarita
2. La Manzanita
3. Apple Spice & Everything Nice
4. A California Fall by Get Zero Proof
5. Probiotic Punch
6. Pom Pom Party
7. Pica Pica
8. Peach Every Day
9. Saturn
10. Nor'Wester
11. Rose In The Devil's Garden
12. Apple Sage Smash
13. Strawberry Fields For Trevor
14. Raspberry Ol'Collins
15. Cantina Band
16. Tamarindo Michelada
17. Agave Colada

Dry Recipes

18. Black Beauty
19. Old Fashioned
20. Lavender Hot Toddy
21. Maple Cranberry Smash
22. Grandpa's Mad At The News Again

Damp Recipes

1. Snap Season
2. Cynar Julep
3. Matterhorn Bobsled
4. Dags For Snags
5. Small Favors
6. A Wilhelm Cream

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PRICKLY PEAR MARGARITA



INGREDIENTS

- 2 oz Tequila Alternative
- 1 oz [Liquid Alchemist Prickly Pear](#)
- 1 oz Fresh Lime Juice

METHOD

Combine ingredients & shake-up. Strain over cubed ice in a double old fashioned glass. Serve in a salt-rimmed glass with a lime wheel.

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LA MANZANITA



INGREDIENTS

- 2 oz Tequila Alternative
- 1 oz [Liquid Alchemist Apple Spice](#)
- 4 oz Premium Ginger Beer
- ¼ oz Fresh Lemon Juice

METHOD

Shake up and strain into a collins glass with crushed ice. Garnish with a dehydrated apple slice.

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APPLE SPICE & EVERYTHING NICE



INGREDIENTS

- 4 oz Whiskey Alternative
- 1 oz [Liquid Alchemist Apple Spice](#)
- 3 Dashes All The Bitter Aromatic Bitters
- Dash of Gold Edible Glitter

METHOD

Shake bourbon, apple spice syrup, glitter, and bitters with ice. Pour over the cocktail glass filled with ice to the top. Garnish with apples on a skewer.

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A CALIFORNIA FALL

Recipe by Get Zero Proof



INGREDIENTS

- 2 oz Tequila Alternative
- 1 oz [Liquid Alchemist Grenadine](#)
- AVEC Hibiscus and Pomegranate to top- or combine with Selzer and pomegranate juice

METHOD

Shake grenadine and tequila with ice. Pour over a cocktail glass filled with ice to the top. Top with AVEC or Selzer and Pom juice. Stir, garnish with lime slices.

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PROBIOTIC PUNCH



INGREDIENTS

- 2 oz Gin Alternative
- 1 oz [Liquid Alchemist Orgeat](#)
- $\frac{3}{4}$ oz Pineapple Juice
- $\frac{1}{2}$ oz Lime Juice
- $\frac{1}{4}$ oz Apple Cider Vinegar
- 1 oz Ginger Beer

METHOD

Combine all ingredients except for Ginger Beer. Shake over ice and strain into a large rocks glass over ice. Top with an ounce of ginger beer.

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POM POM PARTY



INGREDIENTS

- 2 oz Tequila Alternative
- 1 oz [Liquid Alchemist Grenadine](#)
- $\frac{3}{4}$ oz Lime Juice
- 1 Egg White

METHOD

Combine all ingredients into a shaker without ice. Shake hard for thirty seconds. Add ice to shaker and shake again before straining into a martini style glass.

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PICA PICA



INGREDIENTS

- 2 oz Tequila Alternative
- 1 oz [Liquid Alchemist Tamarindo](#)
- ½ oz Lime Juice
- ½ oz Pineapple Juice
- 1 Jalapeño diced and de-seeded

METHOD

Add all ingredients to a shaker with ice. Rim a margarita or rocks glass with tajin or salt. Shake ingredients and dump into glass.

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PEACH EVERY DAY



INGREDIENTS

- 1 ½ oz Gin Alternative
- ¾ oz Lemon Juice
- ½ oz [Liquid Alchemist Peach](#)
- ½ oz [Liquid Alchemist Ginger](#)
- 3 oz Club Soda

METHOD

Combine all ingredients except for club soda in a shaker. Shake and strain into collins glass. Top with 3 oz club soda and fill with ice. Garnish with fresh mint and lemon peel.

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SATURN



INGREDIENTS

- 1 ½ oz Gin Alternative
- ¼ oz Liquid Alchemist Falernum
- ½ oz Liquid Alchemist Passion Fruit
- ½ oz Liquid Alchemist Almond Orgeat
- ½ oz Fresh Lemon Juice

METHOD

Serve with crushed ice in a tiki mug or collins glass.

Garnish with a skewered lime zest wrapped cherry.

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NOR'WESTER



INGREDIENTS

- 2 oz Rum Alternative
- 1 oz [Liquid Alchemist Ginger](#)
- ½ oz [Liquid Alchemist Tamarindo](#)
- ¾ oz Lime Juice
- 3 oz Club Soda

METHOD

Combine all ingredients in a copper mug and swizzle with a spoon or swizzle stick to combine.

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ROSE IN THE DEVIL'S GARDEN



INGREDIENTS

- 2 oz Tequila Alternative
- 1 oz [Liquid Alchemist Prickly Pear](#)
- $\frac{3}{4}$ oz Lemon Juice
- 1 sprig of Rosemary

METHOD

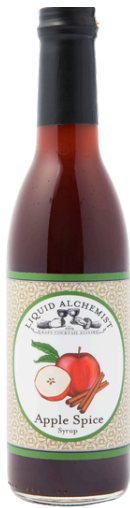
Combine all ingredients in a shaker with ice. Shake and finely strain ingredients into a martini style glass. Garnish with torched rosemary.

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APPLE SAGE SMASH



INGREDIENTS

- 2 oz Whiskey Alternative
- 1 oz [Liquid Alchemist Apple Spice](#)
- ½ oz Lemon Juice
- 2 oz Club Soda
- 3-4 Sage Leaves

METHOD

Combine all ingredients except for club soda in a shaker with ice. Shake hard and finely strain into a large rocks glass with ice. Add 2 oz club soda to top off and garnish with sage leaves.

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STRAWBERRY FIELDS FOR TREVOR



INGREDIENTS

- 2 oz Gin Alternative
- 1 oz [Liquid Alchemist Strawberry](#)
- $\frac{3}{4}$ oz Lemon Juice
- 2 Slices of Cucumber
- 3-4 Fresh Mint Leaves
- 3 oz Club Soda

METHOD

Add all ingredients except for club soda in a shaker with ice. Shake hard and finely strain into a collins glass. Add 3 oz club soda and fill with ice. Garnish with a mint sprig and slice of strawberry.

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RASPBERRY OL'COLLINS



INGREDIENTS

- 2 oz Gin Alternative
- $\frac{3}{4}$ oz [Liquid Alchemist Raspberry](#)
- $\frac{3}{4}$ oz Lemon Juice
- 3 oz Club Soda

METHOD

Add all ingredients except for club soda in a shaker with ice. Shake hard and strain into a collins glass. Add 3 oz club soda and fill with ice. Garnish with a lemon wedge or lemon wheel.

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CANTINA BAND



INGREDIENTS

- 2 oz Tequila Alternative
- 1 oz [Liquid Alchemist Blood Orange](#)
- $\frac{3}{4}$ oz Pear Juice
- $\frac{1}{2}$ oz Grapefruit Juice
- $\frac{1}{2}$ oz [Liquid Alchemist Prickly Pear](#)

METHOD

Combine all ingredients in a shaker with ice. Shake hard and strain into a martini glass. Garnish with a cinnamon stick.

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TAMARINDO MICHELADA



INGREDIENTS

- 2 oz Tequila Alternative
- 1 oz [Liquid Alchemist Tamarindo](#)
- ½ oz Fresh lime juice
- 6 oz Alc-Free Lager Beer
- 3 Dash hot sauce (ie: Cholula or Tobacco)

METHOD

Gently stir to incorporate flavors. Garnish with tajin rim and a pinch of cilantro (optional).

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AGAVE COLADA



INGREDIENTS

- 2 oz Tequila Alternative
- 2 oz Liquid Alchemist Coconut
- 2 oz Pineapple juice

METHOD

Shake and serve on the rocks. Garnish with pineapple wedge w/parasol

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BLACK BEAUTY



INGREDIENTS

- 2 oz Tequila Alternative
- 1 oz Lime Juice
- $\frac{3}{4}$ oz HipStirs Blackberry Mint Syrup
- Ginger Beer

METHOD

Shake all ingredients, except for ginger beer, with ice. Strain over new ice into a glass (copper mug if you have it) and top with ginger beer. Garnish with mint.

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OLD FASHIONED



INGREDIENTS

- 2 oz Bourbon Alternative
- ¼ oz HipStirs Old Fashioned Syrup

METHOD

Combine ingredients in a glass with a large ice block. Stir for 5-10 seconds to combine and dilute. Express an orange peel over the drink and garnish with peel.

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LAVENDER HOT TODDY



INGREDIENTS

- 1 ½ oz Whiskey Alternative
- ½ oz Lemon Juice
- 1 oz [HipStirs Lavender Haze Syrup](#)
- 5 oz Hot Water

METHOD

Stir ingredients in a glass. Garnish with lemon wedge, cinnamon stick, or star anise.

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MAPLE CRANBERRY SMASH



INGREDIENTS

- 2 oz Whiskey Alternative
- $\frac{3}{4}$ oz Lemon Juice
- $\frac{1}{2}$ oz Apple Juice
- 1 tsp Pure Maple Syrup
- $\frac{1}{2}$ oz [HipStirs Cranberry Pie Syrup](#)
- Sprig of rosemary

METHOD

Add all ingredients, including rosemary, to a cocktail shaker with ice. Shake hard and finely strain into a rocks glass filled with ice. Garnish with fresh sprig of rosemary.

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GRANDPA'S MAD AT THE NEWS AGAIN



INGREDIENTS

- 2 oz Rum Alternative
- 1 oz Lime Juice
- $\frac{3}{4}$ oz HipStirs Pumpkin Spice Syrup
- 4 oz Fever Tree Ginger Beer

METHOD

Shake all ingredients, except for ginger beer, with ice. Strain into a highball glass filled with ginger beer. Fill glass with ice. Garnish with candied ginger.

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SNAP SEASON



INGREDIENTS

- 1 ½ oz Orange Liqueur
- ½ oz Liquid Alchemist Ginger
- 1 oz Lime Juice
- 2 dash Angostura Bitters

METHOD

Shake and strain over new ice into a rocks glass.
Garnish with an orange twist.

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CYNAR JULEP



INGREDIENTS

- 1 ½ oz Cynar
- ½ oz [Liquid Alchemist Raspberry](#)
- 1 oz Grapefruit Juice
- ¼ oz Lime Juice

METHOD

Shake and strain over crushed ice into a julep cup.

Garnish with mint.

Recipe from Boleo Chicago

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MATTERHORN BOBSLED



INGREDIENTS

- 1 ½ oz Genepy or Green Chartreuse
- 1 oz [Liquid Alchemist Orgeat](#)
- 6 oz Hot Chocolate

METHOD

Add ingredients to mug. Stir to combine. Top with whipped cream.

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DAQS FOR SNAQS



INGREDIENTS

- 2 oz Manzanilla Sherry
- 1 oz Lime Juice
- ½ oz Liquid Alchemist Simple Syrup

METHOD

Shake and strain into a coupe. Garnish with a lime wedge.

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SMALL FAVORS



INGREDIENTS

- 1 oz Cocchi Torino or similar sweet vermouth
- ½ oz Hipstirs Cranberry Pie
- ½ oz Lemon Juice
- 3 ½ oz Dry Cider

METHOD

Stirred and strained over ice into a rocks glass.
Garnish with nutmeg.

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A WILHELM CREAM



INGREDIENTS

- 2 oz Rum Alternative
- $\frac{3}{4}$ oz Jager Cold Brew
- $\frac{1}{2}$ oz Liquid Alchemist Orgeat
- 1 oz Cold Brew
- $\frac{1}{2}$ oz Heavy Cream

METHOD

Shake and strain ingredients into a coupe. Garnish with espresso beans.