

## Non-Alcoholic Holiday Drinks for Any Guest

**Liquid calories can add up fast! Choosing these non-alcoholic holiday drinks for any guest can add to the festivities without excess intake.**

It is recommended that women consume no more than one alcoholic drink per day, and men no more than two. However, recent research from [AICR](#) shows that "drinking the equivalent of a small glass of wine or beer a day (about 10 grams alcohol content) increases pre-menopausal breast cancer risk by 5 percent and postmenopausal breast cancer risk by 9 percent." A standard drink of wine, beer, or hard liquor is 14 grams of alcohol. Alcohol also increases the risk of esophageal, colorectal, stomach, and liver cancers.

Alcohol can also loosen inhibitions leading to over-eating. I try to limit alcohol to one drink on special occasions as I find it to be very aging, having similar effects to the skin that a diet high in sugar does. It can be enticing to have multiple drinks when the holiday flavors are abundant. So whether you imbibe or choose a non-alcoholic beverage, stick to one glass and limit liquid calories overall.

Here are some delicious and festive holiday drinks for [Thanksgiving](#) and Friendsgiving celebrations.



## Festive Non-Alcohol Mocktails

### Mini-Mosas

Mix a little soda water with orange juice for family-friendly bubbly mimosas.

### Sparkling Cider

Serve it in a champagne glass. It has just the right amount of bubbly for a celebratory beverage.

## Petite Peach Bellini

Puree frozen [peaches](#) with a bit of water until it is the consistency of sorbet. Mix with sparkling water for a new take on this classic brunch cocktail.

## Minty Milk

Add a few drops of peppermint extract to your choice of milk for a super easy, festive beverage. Warm it up on the stovetop for an extra cozy feel.

## Warm & Fragrant Cider

Make your own hot cider in the crockpot for a favorite non-alcoholic holiday drink. Simply throw in apple cider, whole cinnamon sticks, and cloves. As a bonus, your house will smell amazing.

## Piping Hot Cocoa

Try using melted [dark chocolate](#) for an authentic taste, or use cocoa powder instead of a hot chocolate mix. Add mini marshmallows and a drop of peppermint extract.

## Fresh Squeezed OJ for a Holiday Brunch

There is nothing better than a glass of orange juice from freshly squeezed fruit. For reference, 2-4 medium-size oranges will yield 1 cup of juice. Cut half of the juice with water for a lower sugar alternative.

## Juice of Choice with Sparkling Water

Put about 1/3 cup of concord grape juice, pomegranate or blueberry juice in a wine glass and then top with sparkly water to make it more festive.

Add in some chilled metal straws to make your drinks feel even fancier. You'll also be helping the environment in the process!

Like the sound of these non-alcoholic holiday drinks? Next, check out more [refreshing and healthy ways to hydrate](#).