

## Milo's Famous Tea Mocktails to Help You Celebrate 'Dry January'

After the indulgence of the holiday season, many New Year's resolutions revolve around healthier choices from creating a gym schedule to cutting back on alcohol consumption. Over the last several years, thousands of people worldwide have cut their alcohol consumption by participating in Dry January—a resolution to abstain from alcohol for the month of January.

Dry January has grown in popularity, even becoming a national movement in the UK in 2013. This year, nearly one in five adults say they plan to give their livers a break from booze and participate in Dry January.

Not drinking alcohol, even for just a month, can make a noticeable difference in your health. Within a month of going dry, you may find yourself feeling happier, less anxious, and more clear-headed. People who participated in a study on the topic reported better sleep, more energy, and even weight loss.

Just because you abstain from alcohol doesn't mean you can't partake in some delicious non-alcoholic drinks. In fact, experts say it's fine to reach for a substitute if you crave a cocktail.

Milo's Famous Tea has turned some of your favorite cocktails into mocktails to help you re-center and recharge throughout January.

Known for its iconic sweet tea, [Milo's Tea](#) also brews fresh, all-natural lemonade that tastes just like homemade. With simple, all-natural ingredients, Milo's has been a trusted name in the beverage space for over 76 years.

These recipes are so good, you won't even miss the alcohol!

### **Milo's Hot Toddy**

Warm up your winter night with a yummy Hot Toddy. Wrap yourself in a blanket and say bottoms up to this twist on an old favorite.

#### **Ingredients:**

8 oz. Milo's Famous Unsweet Tea

Juice of half a lemon

1 tbs. of honey

Dash of aromatic bitters

#### **Directions:**

Add Milo's Famous Unsweet Tea, lemon, and honey to a pot or microwaveable container, heat until warm. Transfer to a mug with a slice of lemon and add bitters to taste.

### **Milo's Old Fashioned**

Milo's sweet tea makes a surprisingly great substitute for bourbon in this classic drink that will wet your whistle in a whole new way.

**Ingredients:**

4 oz. Milo's Famous Sweet Tea

¼ tsp. orange bitters

1 cocktail cherry

Orange rind

**Directions:**

Mix Milo's Famous Sweet Tea and orange bitters together in a measuring cup. Serve over ice and cherry. Garnish with a twist of orange rind.

**Milo's New Year Spritz**

Celebrate your sober start to the new year with a fizzy, citrusy concoction that will tickle your tastebuds. You may even make this your go-to drink all year long!

**Ingredients:**

1 oz. Milo's Lemonade

1 oz. grapefruit juice

½ oz. orange juice

½ oz. pomegranate juice

3 dashes orange bitters

Tonic or sparkling water

2 sprigs fresh rosemary

1 sprig fresh thyme

Lemon zest

**Directions:**

In a cocktail shaker, muddle 1 sprig of rosemary, thyme, lemon zest, and bitters. Add ice, lemonade, and fruit juices. Shake. Strain into a glass and top with tonic or sparkling water. Garnish with a sprig of rosemary and enjoy!

Take a Milo's Moment this January to unwind with a mocktail, re-center, and raise a glass to your mental and physical health.

These recipes and more can be found at <https://drinkmilos.com/recipes>.