

The Good Spirited Host

Your Guide to Mindful
Hosting and Cocktails



About Good Spirited

As a family-owned company since 1862, Bacardi has always been committed to doing the right thing for the long run. Through our Good Spirited corporate responsibility efforts, our mission is to provide clear and accurate information to help consumers make responsible choices. We see it as our priority to help inspire mindful drinking and mitigate alcohol-related harm.

So with that in mind, let's get to it.
Cheers to mindful hosting!

To learn more about
Bacardi Good Spirited initiatives, visit:
<https://www.bacardilimited.com/cs>

Welcome to your **Guide** to **Mindful Hosting**

Hosting a great get-together is about more than just providing a good time—there's a special art to it. Starting with how you prepare for the event all the way up to the moment your guests arrive back home safely, it's important to remain thoughtful about the choices offered and experience created.

We've designed this guide to help you become an ambassador of mindful mixology and moderation. Inside, you'll find resources to help you throw a successful event your guests will remember fondly the next day.

Enjoy these tips to elevate the drink experience, cocktail recipes to appeal to all of your guests, suggestions on how to gather responsibly, and more.

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Before the Gathering

Mindful hosting isn't simply about the amount of alcohol in the beverages you serve. It's also about elevating the experience for every guest through beautiful glassware, fresh ingredients, sustainable techniques, and beyond.

Juices, recipes, glassware, oh my! A lot goes into making sure you're ready to host an event, especially when you're being mindful of your guests.

From delicious homemade syrups to mindful cocktail recipes, we'll take you through everything you need to make sure you're prepped. Ready? Let's dive right in.



The Art of Mindful Cocktail Elevation

Glassware

The right glassware can make a beverage an experience.

Whether your guests are drinking alcohol or not, the right vessel can make any drink feel special. So say goodbye to plastic cups and check out our Glassware 101 on your quest toward mindful elevation.



Keep It Chill

Place your cocktail glass in the freezer 30 minutes prior to use.



Coupe

For those who like to have a pinky out.

Capacity: 200 ml

Nick & Nora

Perfect for many classic cocktails.

Capacity: 120 - 180 ml



Rocks

Great for standard drinks or ones that require muddling.

Capacity: 260 - 320 ml

Sling

A superb vessel for frozen drinks.

Capacity: 320 ml



Wine Glass

It doesn't have to be vino.

Use it to elevate water infusions.

Capacity: 350 ml

Balloon Glass

Where the wine glass meets the snifter.

Capacity: 350 - 590 ml



Tiki Mug

The most fun drinking vessel of all.

Capacity: 400 - 650 ml

Syrups

Homemade syrups can take any drink to the next level and open a wide range of flavor options.

Simple Syrup

Start with the basics—simple syrup is actually quick and easy to make, so you don't have to buy it at the store.

230 ml Water

230 ml Sugar

Boil water in a medium to large saucepan. Add sugar and stir until well dissolved. Pour cooled syrup into a glass container and store in the fridge.

Sugar Alternative

Agave syrup is a great alternative sweetener to simple syrup. Consider picking some up if you're avoiding refined sugars.

Ginger Lemon Honey Syrup

1	Lemon
2-3	2-inch pieces of ginger (or more for spice)
2 sticks	Cinnamon
356 - 473 ml	Raw local pure honey

Slice lemon and ginger and grate part of one ginger piece and part of one cinnamon stick. Fill a jar halfway with honey and place cinnamon sticks in it. Add ginger and lemon slices in alternating layers, then add the grated ginger and cinnamon on top. Store in the fridge and enjoy for up to a few weeks.



Before the Gathering

Matcha Tea Syrup

2 tsp	Matcha powder
230 ml	Water
160 g	Sugar

Combine matcha, water, and sugar in a saucepan over medium heat. Whisk until matcha and sugar are incorporated and no lumps remain. Remove from heat, cool, and store in an airtight container in the fridge.

Pineapple Syrup

230 ml	Fresh pineapple juice (press pineapple chunks through a fine sieve to extract juice)
160 g	Sugar

Boil the pineapple juice and sugar for 2 minutes. Remove from stove, place in a sealed container, and keep in fridge. Glass jars work best. The syrup will thicken a little as it cools.

Sweeten It Up

Add 15 ml (or to taste) of any syrup to your soda water for a refreshing zero-proof drink.

Orange Peel Syrup

100 g	Fresh orange peel
200 g	Granulated sugar
100 ml	Boiling water

Combine the orange peel and sugar by tossing together in a sealed container. Let rest at room temperature for 24 hours. Stir in boiling water to dissolve the sugar and strain the peels out. Bottle and refrigerate.

Fresh Juices

When making no- or low-proof-based drinks, let fresh juices do the heavy lifting. Before everyone arrives, have a wide array of juices prepped and ready for mixing. Natural, hand-squeezed juices are best—but make sure not to prep too early. Most juices only have a 2-to-3-day refrigerator shelf life.



Save the Excess

After juicing, you'll probably have a lot of peel and excess fruit laying around. Make sure you don't waste them—they can be used as garnishes and in water-based infusions. See pages 14-16 for more details.

Garnishes

Now that you've prepped juices, glassware, and syrups, let's talk about wowing your guests with presentation while finding ways to reduce waste. Use lemon peel for an elegant twist topper or extra zest to blend with sugar or salt for your glass rim. Garnish your cocktails with mint or a beautiful orchid attached to a cocktail pick for a fresh topper. Or use extra citrus to create a finishing spray from the recipe on page 26.



Citrus



Zest



Mint



Orchid

For Sustainability's Sake

Here are some tips to help you stay mindful about the environment as you get ready to host:

1. Hold onto your leftover ingredients. You can give them new life by using them as a garnish, throwing them in a jar and pickling them, infusing spirits, and even as a way to grow new ingredients.
2. Make your drinks with seasonal produce you can pick up at your local farmer's market.
3. Before the party, put your glasses in the freezer to reduce the amount of ice you'll need to use, ultimately saving energy and water.
4. Say no to plastic straws and consider going strawless.
5. Dine in style with cloth napkins that help eliminate paper waste.
6. Make your after-dinner coffee with a French press or a pour-over with a reusable filter to avoid waste. For tea drinkers, opt for a reusable tea bag or strainer to eliminate waste.
7. Freeze leftover herbs in an ice cube tray for a beautiful drink addition and make the most of leftover fruit by dehydrating it for later.

Hydrate. Hydrate. Hydrate.

Hydration is always key at a mindful get-together, so offer water to your guests often throughout the night. Alternating water or zero-proof drinks between cocktails can slow the effects of alcohol. To be green, say no to plastic water bottles and set up a water station with nice glassware to promote hydration.

Big Batch Infusions

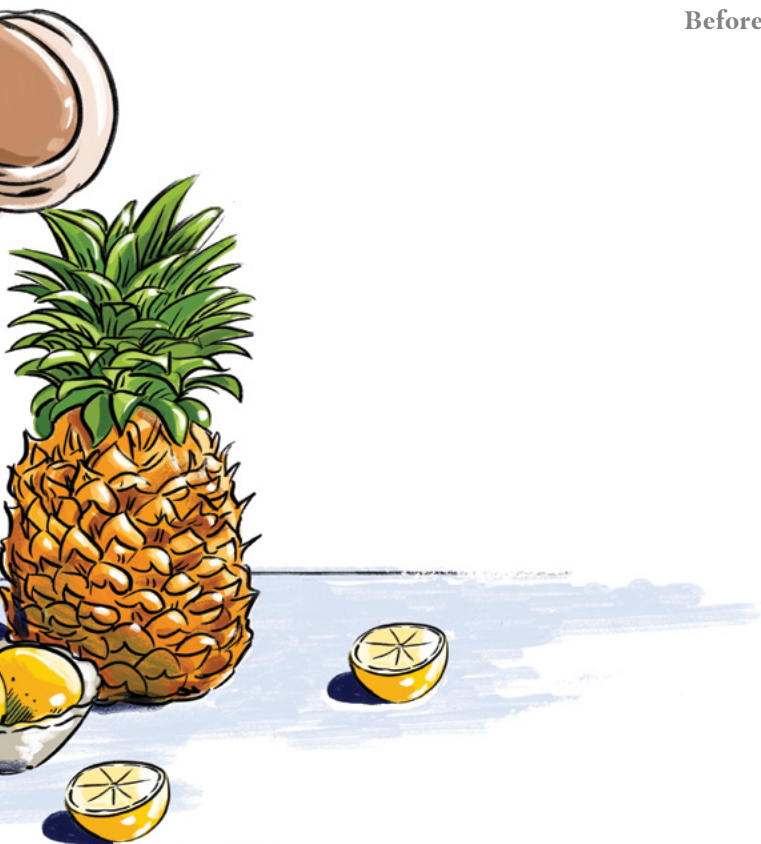
If you're already juicing as part of your prep, you probably have fruit laying around. A great way to encourage hydration is to infuse a pitcher of water with fruits like lemon, cucumber, strawberry, or mint.





Mindful Mixology

There's an art to meeting the demands of mindful hosting, which is where mindful mixology comes into play. Some of your attendees might be looking for full-proof cocktails, while others would prefer low- to no-proof drinks. Over the next few pages you'll find a variety of fresh ways to mix it up to meet everyone's needs without sacrificing deliciousness.



No Proof

Vibrante Spritz

Flo reale Spritz

Low Proof

**BACARDÍ®
Lojito**

**ANGEL'S
ENVY®**

**Reverse
Manhattan**

**TEELING®
Irish Coffee**

**D'USSÉ® Peach
Lemonade**

Fun in the Sun

**ST-GERMAIN®
Spritz**

**MARTINI®
Bianco Spritz**

**PATRON® Silver
Paloma**

Full Proof

Coconut Punch

**DEWAR'S® Original
Highball**

**BOMBAY SAPPHIRE®
Spritz**



No Proof

Vibrante Spritz

75 ml	MARTINI® Vibrante
25 ml	Fresh Grapefruit juice
50 ml	Soda

*Add all ingredients to a Spritz glass with ice. Stir gently.
Garnish with a lemon wheel & raspberries.*



No Proof

Floreale Spritz

75 ml	MARTINI® Floreale Non-Alcoholic Aperitif
25 ml	Apple juice
Top	Soda water

Fill a balloon glass with cubed ice. Add MARTINI® Floreale and apple juice. Stir gently to infuse ingredients. Top with soda and a lemon twist.



Low Proof

BACARDÍ® Lojito

30 ml	BACARDÍ® Carta Blanca Rum
35 ml	Lime juice
25 ml	Simple syrup
4-8	Mint leaves
Top	Club soda

Combine BACARDÍ® Carta Blanca Rum, lime juice, sugar and mint in a highball glass. Press mint with a spoon to release oil. Add crushed ice, almost to top, and churn. Top with a splash of club soda and more crushed ice. Garnish with a mint sprig.



Low Proof

ANGEL'S ENVY[®] Reverse Manhattan

30 ml	ANGEL'S ENVY [®] Bourbon
60 ml	NOILLY PRAT [®] Rouge
4	Dashes of Angostura [®] aromatic bitters

Add all ingredients into a mixing glass and fill with ice. Stir for 20-25 seconds to dilute. Strain into a chilled cocktail glass. Garnish with a cherry, orange or lemon peel.



Low Proof

TEELING® Irish Coffee

30 ml	TEELING® Small Batch
15 ml	Rich brown sugar syrup
120-150 ml	Locally roasted filter coffee
30 ml	Thickened double cream

Preheat glass with warm water and discard. Add the TEELING® Whiskey, brown sugar syrup, brewed coffee and stir to combine. Warm a large spoon and gently pour the cream over the back of the spoon and onto the coffee. Garnish with freshly grated nutmeg.



Low Proof

D'USSE® Peach Lemonade

30 ml	D'USSE® VSOP Cognac
15 ml	Crème de Pêche
4 parts	Lemonade

Add all ingredients into a shaker with ice. Shake and strain into an ice-filled highball glass. Garnish with lemon wheel.



Low Proof

Fun in the Sun

15 ml	MARTINI® Bianco Sweet Vermouth
15 ml	PATRÓN® Reposado Tequila
35 ml	Pineapple juice
15 ml	Lime
10 ml	Simple syrup

Chill a coupe glass. Pour ingredients into a cocktail shaker and shake. Strain into the glass, no garnish.



Low Proof

ST~GERMAIN® Spritz

45 ml	ST~GERMAIN® Elderflower Liqueur
60 ml	MARTINI & ROSSI® Prosecco
60 ml	Sparkling water

Gently pour ST~GERMAIN® Elderflower Liqueur and MARTINI & ROSSI® Prosecco into an ice-filled glass. Add sparkling water. Stir lightly. Garnish with a lemon twist.



Low Proof

MARTINI® Bianco Spritz

75 ml	MARTINI® Prosecco
50 ml	MARTINI® Bianco
25 ml	Soda
Top	Mint sprig, lemon wheel and strawberry slice

Pour MARTINI® Prosecco and MARTINI® Bianco into an ice-filled spritz glass and top with soda. Stir lightly. Garnish with mint sprigs, a lemon wheel and strawberry slice.



Low Proof

PATRON® Silver Paloma

30 ml	PATRON® Silver
90 ml	Grapefruit soda
15 ml	Fresh lime juice
	1 pinch Salt

*Build over ice in a salt-and-tajin rimmed highball glass and stir.
Garnish with a lime wheel.*



Full Proof

Coconut Punch

60 ml	BACARDÍ® Superior Rum
20 ml	Lime juice
20 ml	Orange juice
20 ml	Orange Peel Syrup (see pg. 12)
45 ml	Coconut water

Combine BACARDÍ® Superior, citrus juices, and orange peel syrup in a cocktail shaker with 2 ice cubes and shake for 10 seconds. Top with coconut water and strain into a glass filled with crushed ice. Garnish with a lime wheel and toasted coconut flakes.



Full Proof

DEWAR'S® Original Highball

45 ml DEWAR'S® White Label Blended Scotch Whisky
120 ml Soda water
2 spritzes Lemon finishing spray

Pour DEWAR'S® White Label into a chilled highball glass. Top off with ice and soda. Stir twice and spritz the top of the cocktail with lemon finishing spray:

Lemon Finishing Spray

Steep 2 parts vodka, 1 part purified water, and leftover lemon peels in a pot long enough to capture the aroma. Strain, cool, and pour into an atomizer to use.



Full Proof

BOMBAY SAPHIRE® Spritz

30 ml	BOMBAY SAPHIRE® Gin
15 ml	MARTINI & ROSSI® Bitter Liqueur
15 ml	Lemon juice
15 ml	Honey syrup
60 ml	MARTINI & ROSSI® Prosecco
30 ml	Club soda

Combine BOMBAY SAPHIRE®, MARTINI & ROSSI® Bitter, lemon juice, and honey syrup in a cocktail shaker with 1 ice cube. Shake for 10 to 15 seconds. Pour into a glass filled with fresh ice. Top with MARTINI & ROSSI® Prosecco and club soda. Garnish with an orange wheel.

Mindful in the Moment

Now that you're all prepped and ready to be the best mindful host you can be, it's time to put practice into place. Your guests are about to arrive, so make sure you have the knowledge to help keep mindful consumption a main part of the festivities.

In this section you'll find tips to help you stay conscious of moderation, entertainment ideas, and more.



welcome

Be the Ideal Host

When your guests start to arrive, keep in mind that YOU set the example. As the mindful host, never overserve yourself. This way, you can stay sharp and keep a friendly eye on your guests and their consumption.

Don't Ask Why

There are many reasons your guests may choose not to consume alcohol. All of them are private—and a good mindful host should never pry.

Running on Empty

As a mindful host it's important to stay aware of how many drinks your guests are having throughout the night. Wait until glasses are completely empty before offering refills.

The Self-Serve Downfall

If you aren't going to be serving everyone yourself, make sure you have a designated person managing the bar.

This will help you maintain control over the amount of alcohol your guests are served.

Pattern of Consumption

Mindful drinking isn't just about the cocktail or drink itself.

It's also about timing and every action between sips. You can still be mindful while drinking full-proof cocktails. Are your guests hydrating throughout the night? Are they eating? Are they having one too many? These are important questions to keep in the back of your mind throughout the event.



Alcohol Absorption and You

Alcohol's effects vary from person to person and depend on a variety of factors. As you drink, your blood alcohol concentration (BAC) level (the amount of alcohol in your bloodstream) increases. The higher your BAC, the more you're impaired by the effects of alcohol. The following factors impact your BAC:

Pace

Drinking slowly decelerates the rate at which alcohol is absorbed into the bloodstream.

Food

Having food in your stomach slows the rate at which alcohol is absorbed into the bloodstream.

Hydration

Alternating no-proof drinks with cocktails can slow the effects of alcohol on your system.

Let's Get to Snackin'

Consider serving foods with a higher fat content—they're better at slowing alcohol absorption into your bloodstream. So go ahead, lay on that extra guacamole before the Margarita.



Body Size

A larger body has more blood circulating, so the alcohol level rises more slowly.

Gender

Drink for drink, women typically accumulate more alcohol in their bloodstreams than men do.

Genetics

Different forms of the same gene can lead to different degrees of alcohol metabolism.

The Slow Drinking Movement

Slow drinking is all about taking your time to enjoy the moment—and in this case, your beverage.

Take Your Time

Take time to prepare and take time to enjoy.

Pay Attention to Your Senses

What do you taste? What do you smell? What do you see? Really take in the flavors and savor them.

Set the Tasting Rhythm with the Right Music

Choose relaxing background music to help set the tone.

Find Good Company

Surround yourself with people who enjoy savoring every bite and sip.

Choose the Accessories

Provide coasters or cup holders to encourage everyone to put down their glass from time to time.

Learn More:

<https://www.slowdrinking.com/us/en/>

Measurement Matters

Always measure spirits before mixing, even when serving neat.

Liven Things Up

Drinks don't have to be the only entertainment. From activities to ambiance, here are a few ideas to keep things lively:

Charades

Have some fun and get people interacting with a game of charades.

Trivia

Testing the brain is never a bad thing at a mindful get-together.

Music

Music sets the ambiance, helps get people moving, and is a great way to promote moderation.

Ending on a Great Note

It's that time. Like they say—you don't have to go home, but you can't stay here. Time to wrap up the most wonderful mindful gathering you've ever thrown.

Here are a few tips to help you wind down your gathering and get ready for a mindful nightcap.



The Wind Down

As the gathering comes to a close, offer more zero-proof options instead of cocktail refills. That last alcoholic drink could be one too many. Coffee is great, but if it's late, consider serving decaf or other zero-proof nightcaps.

Goodnight Caps

Towards the end of your gathering, offer up one or more of these mindful nightcap ideas.



Tea with Ginger Lemon Honey

Add ginger lemon honey syrup (recipe pg. 10) to hot tea for a flavorful nightcap kick.



Warm Milk with Cinnamon or Nutmeg

Just mix a pinch of cinnamon or nutmeg into a microwavable mug of milk or milk alternative. Heat for 30 seconds to 1 minute, stir, and enjoy.



Night Cap-puccino

This is a great idea if you have an espresso machine or Moka pot. If your gathering is at night, consider serving this decaf.

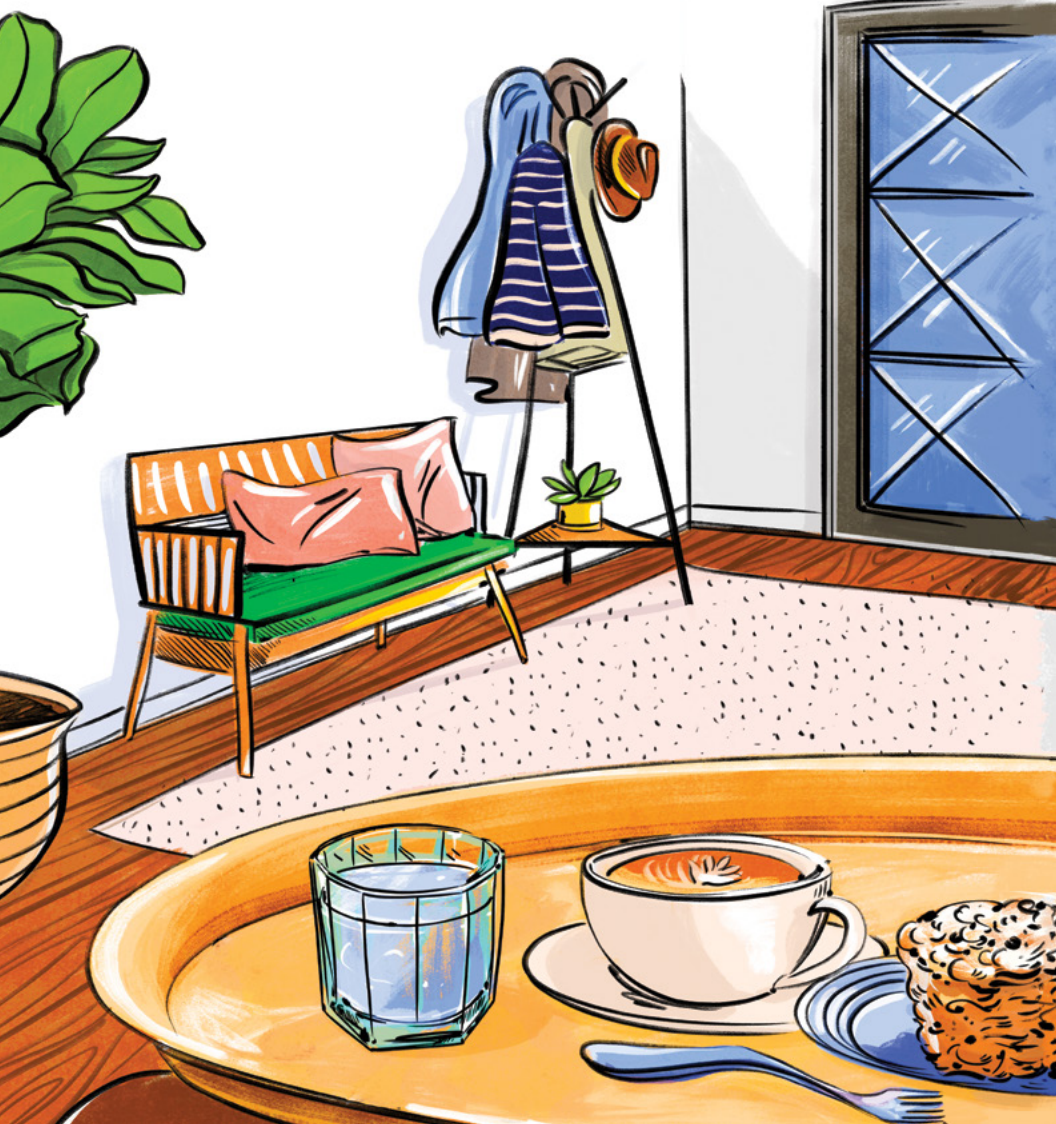
Last Call

Always set a specific time for last call. Remind your guests an hour before the gathering ends so they have time to wind down and coordinate a ride before heading out.



Get Them Home Safely

From taxis to ride-sharing to designated drivers, knowing exactly how each of your guests is getting home is crucial for their safety. Encourage your guests to plan ahead by including transit options and information in your invitation. You can even ask them to send you a text when they've made it home.



You Did It

That's a wrap. Hopefully everyone has made it home safe, fulfilled, and entertained. Pat yourself on the back for a job well done.

Mindful gatherings always make for a great time, so enjoy the memories made at yours. This guide will be here to help you plan your next one.

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Big Batch • No Proof

Ginger Turmeric

(Serves 4)

- 1.4 - 1.6 l Fresh apple juice
(preferably freshly juiced apples like Galas—about 12–14 apples)
- 15 - 45 g Unpeeled turmeric root
- 45 - 85 g Unpeeled ginger root
- 120 ml Fresh lemon juice, more to taste
(from about 3–4 large lemons)

Juice the apples in a juicer (there should be 6–7 cups of juice) and place the juice in a 2-quart mason jar or a large pitcher.

Juice a cup or so of turmeric root, then juice the ginger root and the lemons.

Stir into the apple juice. Taste. Adjust. It should taste balanced, sweet, and tart, with the heat of ginger in the background (add more if you want) and a hint of exotic turmeric (add more to taste).

Note: You might want to pour a splash of water (or apple juice) through the juicer as you're adding the turmeric root to ease it along.

Keep in the fridge and serve over ice for a refreshing summer drink, or top off with sparkling water.

Big Batch • No Proof

Kombucha Extravaganza

(Serves 2)

60 ml	Freshly squeezed orange juice
60 ml	Freshly squeezed lime juice
	Salt, sugar, and chili powder for the rim
	Crushed ice for serving
1	Lime, sliced
1	Orange, sliced
¼	Grapefruit, sliced
180 ml	Grapefruit or citrus kombucha
60 ml	Ginger beer

Combine the juices in a pitcher or jug. Mix the salt, sugar, and chili powder together on a small plate.

Rub the rim of each glass with a lime wedge and dip in the salt mixture. Fill the glasses with crushed ice and add slices of lime, orange, and grapefruit.

Add juice mixture and kombucha to each glass, stir, and top off with ginger beer.

No Proof

Spritzo

90 ml MARTINI® Dolce Sparkling Drink

120 ml Nettle tea

Prepare a strong nettle tea and let it cool down. Fill a highball glass with cubed ice and pour in the ingredients. Stir gently to infuse ingredients. Garnish with a sprig of mint.

Floreale & Tonic

75 ml MARTINI® Floreale Non-Alcoholic Aperitif

75 ml Tonic water

Fill a balloon glass with cubed ice. Pour ingredients into the glass. Stir gently to infuse ingredients. Garnish with an orange wheel.

Vibrante Spritz

75 ml MARTINI® Vibrante Non-Alcoholic Aperitif

25 ml Grapefruit juice

Top Soda water

Fill a balloon glass with cubed ice. Add MARTINI® Vibrante and grapefruit juice. Stir gently to infuse ingredients. Top with soda water and garnish with a grapefruit twist.

Low Proof

Mochi Garden

25 ml	GREY GOOSE® Vodka
25 ml	Lime juice
20 ml	Matcha Tea Syrup (see pg. 11)
Top	Soda water

Fill a highball or bamboo glass with cubed ice. Pour vodka, juice, and syrup into the glass. Stir gently to infuse ingredients. Top with soda and garnish with three pandan leaves.

Coconut & Pineapple

50 ml	BACARDÍ® Coconut Rum
200 ml	Pineapple juice

Fill a highball glass with cubed ice. Pour ingredients into the glass. Stir gently to infuse ingredients. Garnish with a pineapple slice.

Low Proof

Red Rum Berry Spritz

25 ml	BACARDÍ® Raspberry Rum
50 ml	Cranberry juice
50 ml	Soda water
15 ml	Raspberry liqueur
2 dashes	Bitters

Fill a wine glass with cubed ice. Pour ingredients into the glass. Stir gently to infuse ingredients. Garnish with two lime wedges.

The Good Spirited Recap

Mindful Hosting Tips

1. Refrain from asking guests why they aren't consuming alcohol if they're choosing not to.
2. The right glassware can elevate any type of drink.
3. Provide a nice range of no- and low-alcohol-based options instead of just soda.
4. Use handmade syrups and fresh juices to help elevate your mindful drink options.
5. Always have water available and encourage hydration.
6. As the host, don't overserve yourself.
7. Serve food as it helps slow down the rate of alcohol absorption.
8. Measure spirits before mixing or serving, and avoid a self-serve bar.
9. Wait until glasses are completely empty before offering refills.
10. Slow down and savor the flavors of your drink.
11. Provide entertainment like trivia and music playlists.
12. As things wind down, start offering more no-proof nightcap options.
13. Set a designated time for last call.
14. Make sure everyone gets home safe via designated driver, taxi, or ride share.





To provide a more environmentally friendly reading experience, this edition of *THE GOOD SPIRITED HOST* has been printed on paper stock made from 100% post-consumer content and a combination of soy- and algae-based inks.

Illustrations by Amber Day

DRINK RESPONSIBLY.

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