

Gal Pal Official Cocktail



Recipe Card

2 ounces Kraken Black Rum
Mountain Dew Code Red
splash of grenadine

Garnish: with maraschino cherries

Story behind the drink



The Gal's Pals Official Cocktail begins with a Shirley Temple — a classic named after a woman of history. We loved that the drink exists in both a non-alcoholic

version and a grown-up variation (known as a Shirley Temple Black).

It felt like the perfect metaphor: women can evolve, shift, and be more than one thing — all while staying true to themselves.

The drink first appeared around episode 20 of the Gal's Guide Podcast, when Leah mixed a Shirley Temple Black in a wine decanter during recording. Bonnie instantly loved it, and a memory was born.

Like the podcast itself, this drink is meant to be personal and customizable. Bonnie prefers something sweet that doesn't rely on a strong alcohol base. Katie and Leah share a long-standing love of Kraken Rum. And Leah's dharma name, Riwo, means mountain — which is why Mountain Dew found its way into the mix.

This isn't just a recipe. It's a reflection of friendship, personal taste, growth, and the joy of making something your own — one sip (and one story) at a time.