

Virgin Daiquiri

(Serves 2-4)

Ingredients:

1 14 ½-ounce can pineapple chunks in juice
1 12-oz bag frozen strawberries
2 tablespoons superfine sugar
2 medium limes, juiced
fresh strawberries, optional, for garnish

Directions:

In a blender, combine pineapple, frozen strawberries, sugar, and lime juice and puree until smooth. Pour into glasses, garnish with fresh strawberries, if desired, and serve immediately.

Virgin Faux-jito

(Serves 1)

Ingredients:

Ice
6 to 10 fresh mint leaves, rinsed and dried
2 ounces fresh lime juice
1 teaspoon powdered sugar
4 ounces club soda
Lime wedges for garnish

Directions:

In a rocks glass, muddle mint leaves, lime juice and sugar until sugar is dissolved and mint is fragrant. Add ice. Pour in club soda. Garnish with lime.

Crystal Light has recently come out with Mocktails: Margherita, Mojito and Appletini - 5 calories

One shot of your favourite alcohol can make your single drink add up to over 200 calories.

Find these and other recipes from the following sources;

<http://www.sheknows.com/food-and-recipes/articles/805627/boozefree-beverages-four-cantmiss-mocktails>

<http://www.fabulousfoods.com/articles/28570/10-top-mocktail-recipes>

<http://www.kraftbrands.com/crystallight/Pages/default.aspx#/home>

<http://www.food.com/recipe/mock-champagne/491001>

<http://www.aroundmyfamilytable.com/2010/11/nutella-blended-coffee-drink/>

BACCHUS alcohol education group

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University of Lethbridge Health Centre

Student Union Building,
Level 0, Room 20
403-329-2484

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MAKE IT A MOCKTAIL!



Tasty Recipes without the Alcohol!



For a healthier option, choose fresh or unsweetened frozen fruit for your mocktail.

Virgin Caesar

(Serves 1)

Ingredients:

½ teaspoon of lime juice

¼ teaspoon of Worcestershire sauce

1/8 teaspoon seasoning salt

A dash of ground pepper

½ cup or V-8 or tomato juice

A dash of tabasco

Directions:

Pour over ice and garnish with celery or pickled asparagus.

Mock Champagne

(Serves 8)

Ingredients:

3 cups white grape juice

2 cans Ginger Ale (cranberry ginger ale)

½ chilled club soda

Orange slices and strawberries for garnish

Directions:

Combine in large bowl with ice.

Butterbeer

(Serves 1)

Ingredients:

8 ounces (clear) cream soda

3 tsps Butterscotch syrup

Whipped cream

Directions:

Stir soda and syrup gently in tall glass. Serve over ice. Add whipped cream for a frothy topping.



Not-so-Cosmo

(Serves 1)

Ingredients:

1 part freshly squeezed orange juice

1 part cranberry juice

1 shot lime juice

1 shot lemon juice

Strawberries

Directions:

Combine in glass with ice. Garnish with strawberry.

(Shown in picture on front)

Nutella Iced Coffee

(Serves 1)

Ingredients:

1 cup milk

1/2 tsp vanilla extract

1 1/2 tsp instant coffee

4 tsps Nutella

1 tbsp sugar

1 cup ice

Directions:

Add all ingredients in the blender, except the garnishes. Blend until smooth. Finish by swirling a little chocolate syrup in your cup, pour in your drink, top with whipped cream and a sprinkle of cocoa powder.

(Pictured above)



Virgin Piña Colada

(Serves 1)

Ingredients:

2 ounces coconut milk

1 1/2 ounces crushed pineapple

1 ounce pineapple juice

1/4 cup crushed ice

brown sugar (up to 1 tablespoon)

Directions:

Put all the ingredients in a blender and blend until smooth (about 30 seconds). Pour into chilled glass. Garnish with an orange slice, a pineapple wedge, or a maraschino cherry. Enjoy!

For a sweeter, less tangy drink, use pineapple canned in syrup rather than its own juice.



Fast and Easy Mocktails

Shirley Temple

Combine Sprite/7-Up and grenadine with ice. Garnish with maraschino cherry.

Roy Rogers

Combine Pepsi/Coca Cola with grenadine and ice. Garnish with maraschino cherry.

Arnold Palmer

Combine ½ Iced Tea and ½ Lemonade in a glass with ice. Garnish with a slice of lemon.

Brown Cow

Pour 3 parts Coca Cola/Pepsi in a glass over ice. Add 1 part milk on top. Stir. Sprinkle with cinnamon or nutmeg.