

Mocktails



Tasty, healthy, non-alcoholic cocktails

What are Mocktails ?

Mocktails are mock cocktails, or those that do not contain any alcohol. Any drink recipe can be modified by simply leaving the alcohol out, however these recipes are some of the more common mocktails.

These non-alcoholic drinks are great for serving the entire family and a nice alternative for party guests who prefer not to drink alcohol.

Helpful Tips for making Healthy Mocktails

- 1) Prepare the mocktail using real fresh fruit or real fruit juice with no added sugar
- 2) Limit fruit juices to no more than four fluid ounces due to sugar content.
- 3) The healthiest fruits are those higher in antioxidants: all berries, grapes, melons, dark orange or red fruits (apricots, peaches, mango, papaya) and all citrus fruits.
- 4) Use additional fresh herbs, citrus zest and spices for added concentrated antioxidants and flavour punch; mint, basil, lemon, orange, lime, ginger, cinnamon, nutmeg, cloves and cardamom to name a few.
- 5) Use calorie free mixers such as sparkling water or diet tonic water for added volume.

Why not have all of the fun of a party that you can remember the next day?

Alcohol Free Mojitos

INGREDIENTS

2 cups and 2 tablespoons of water
1 table spoon of sugar
2 tablespoons of Mint leaves, chopped.
2 tablespoons of lime sherbet, softened.
2 tablespoons lime juice
2 Tablespoons of water
½ cup of Club soda
Lime slices for garnish

- Combine the water and sugar in a microwave safe bowl.
- Heat in the microwave on high for five minutes.
- Stir the mint into the water, stand for 5 minutes.
- Strain and discard the mint leaves from the syrup.
- Stir the lime sherbet, lime juice, and 1 cup water together
- Pour the mint infused syrup into the mixture.
- Add club soda and stir.



Apple Pie

Serves 4

INGREDIENTS

3 oz Apple juice
1 tsp Lemon juice
½ tsp Grenadine syrup if required
Crushed Ice
Orange Slice

- Mix all ingredients in a cocktail shaker / stirrer.
- Add crushed ice to finish off this refreshing cocktail.



Sea Breeze Mocktail

Serves 4

INGREDIENTS

2 oz Grapefruit juice
2 oz Cranberry juice
Crushed Ice

- Mix all ingredients in a cocktail shaker / stirrer
- Pour into an unusually shaped glass.
- Add Crushed Ice and decorations to create a great speciality drink



Mickey Mouse

Serves 4

INGREDIENTS

3 oz Tomato juice
1 dash Lemon juice
1/2 tsp Worcestershire sauce
2-3 drops Tabasco sauce
1 wedge Lemon
Ice Cubes

- Mix all ingredients in a cocktail shaker / stirrer.
- Pour into an unusually shaped glass.
- Add Crushed Ice and decorations to create a great drink.



Passion Fruit Mocktail

Serves 4

INGREDIENTS

4 oz Low Fat Vanilla Yogurt
3 Tangerines
½ Cup Passion Fruit Juice
½ cup Cold Milk
½ cup crushed ice or Ice Cream (optional)
Honey to sweeten if required

- Mix all ingredients in a cocktail shaker / stirrer
- Pour into an unusually shaped glass.
- Add Crushed Ice and decorations to create a great speciality drink



Gingerbread Spritzer

Serves 4

INGREDIENTS

3 oz Raspberry juice
1 tsp Lemon juice
Dash of Lemonade
Crushed Ice
Raspberry on the side
Ginger Ale
Dash of cinnamon



- Mix all ingredients in a cocktail shaker / stirrer.
- Pour into an unusually shaped glass.
- Add Crushed Ice and decorations to create a great drink.

Cranberry Cooler

Serves 4

INGREDIENTS

3 oz Cranberry juice
1 oz of Apple juice
Dash of Sweet & Sour
Rosemary on the side



- Mix all ingredients in a cocktail shaker / stirrer.
- Add Crushed Ice and decorations to create a great drink

10 Day Healthy Countdown!

DAY 1

WHY IS IMPORTANT TO EAT FRUIT?

Eating a diet rich in vegetables and fruits as part of your overall healthy diet, may reduce risks for heart disease, obesity and type 2 diabetes most fruits are naturally low in fat, sodium, calories and none have cholesterol!

DAY 2

WHY IS IT IMPORTANT TO BOOST YOUR DIETARY CALCIUM INTAKE?

Calcium is vital for bone formation and keeping bones strong. A high calcium lunch would be a bowl of broccoli soup topped with grated reduced fat cheddar, a canned salmon and watercress sandwich, dried figs and a glass of skimmed milk.

DAY 3

EAT YOUR PORRIDGE OATS UP...

Oats are a great source of soluble fibre and can help lower blood cholesterol levels. They are also a useful source of magnesium and zinc.

DAY 4

GO NUTS!

Nuts are packed with selenium and vitamin E, they can help lower cholesterol levels too, but remember to keep the portion sizes small.

DAY 5

USE LOW FAT YOGHURT, INSTEAD OF CREAM.

Why not replace your serving of cream on top of your puddings with some low fat yoghurt instead? It's rich in calcium, which is vital for bone health, and protein.

DAY 6

ORANGES ARE GREAT FOR BOOSTING VITAMIN C.

Eating this fruit is one of the best known sources of vitamin C, which may help prevent free-radical damage to the cells and tissues and help guard you from winter colds.

DAY 7

WHOLEMEAL IS THE BEST CHOICE.

If you base your meals and snacks around whole grains, including wholemeal bread, brown rice and wholemeal pasta, these will fill you up, provide slow release energy and are low in fat and high in fibre.

DAY 8

REMEMBER TO EAT FISH!

Remember to eat at least two servings of fish each week. There are such a wide variety to choose from including tuna, salmon, mackerel and trout, all of which are rich in omega-3 fatty acids, which may help control cholesterol levels.

DAY 9

WATCH YOUR PORTIONS!

Get into the habit of eating smaller portions and stop eating when you are full – you don't have to finish everything.

DAY 10

PICK & MIX SNACKS

Why not snack on healthy food and choose fruit or a handful of nuts or seeds instead of junk food? Almonds are considered to be the most nutritionally balanced nut, they are a good source of protein, vitamin E and selenium too.

MOCKTAIL BENEFITS

Fewer calories

Alcoholic drinks, sugary mixed drinks or fruity, frozen concoctions, can affix copious calories to your daily tally (and, if you're really intoxicated, lead to binge eating caused by poor judgment), adding up to excess pounds in the long run.

The average mixed drink made with one ounce of rum, vodka or whiskey and juice or cola clocks in at over 200 calories. Times that by two or three over the course of the evening and you'll have to run an extra hour on the treadmill just to burn it off!

Mocktails, especially those flavoured with just a splash of juice and / or diet tonic for example can cut the calorie count down to just 50 calories while still providing plenty of flavour.

Less expensive

Mocktails cut out the most expensive ingredient - the alcohol - whether you're making them from scratch or ordering out. This means you get to sip a satisfying drink and line your pockets with extra cash while you're at it.

Higher in nutrients

Mocktails made with fresh and/or organic juices, such as pomegranate, orange, mango, cranberry boast plenty of antioxidants and vitamin C and none of the corn syrup found in colas or many drink mixers.

Everyone can enjoy them

Pregnant women, people on specific medications or with chronic illnesses, designated drivers; children and even the most devout prohibitionists can all enjoy mocktails, making your next party or dinner gathering exceptionally enticing to drinkers and those who don't drink alcohol alike.

USEFUL LINKS



www.thinkb4udrink.org



www.drinkaware.co.uk

healthtrainers

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www.eastridinghealthtrainers.com