

V.I.S. BOX DOWNLOADABLE RESOURCES

ALTERNATIVES: MOCKTAIL

RESOURCE SHEET: VIS/MOCK/1.1

PUBLISHED: 01/09/2008



Avoiding alcohol is not always easy when out with friends or celebrating a special occasion, but for those wishing to cut their intake or who are designated to drive why not try some of these alcohol free Mocktail recipes. Try preparing these alcohol free alternatives before a training session or maybe take along the ingredients and demonstrate how easy it is to enjoy a refreshing alcohol free beverage as an alternative.

MOCK MARGARITA

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Ingredients

1/2 oz Lime Juice
1/2 oz Orange Juice
1 1/2 oz Sour mix (a lemon and lime cocktail syruo.)



Instructions

Pour all the above ingredients into a mixing glass filled with ice. Shake the mixture and strain into a chilled margarita glass filled with ice. Garnish with a slice of lime.

If you liked this alternative to alcohol you can find more to download as well as a whole host of other alcohol awareness ideas on our downloads section at www.drug-box.co.uk
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MOCK MOJITO

MOCK MOJITO

Ingredients

200ml Ginger Beer
1 teaspoon of Sugar
Lime Juice
Soda Water



Instructions

Fill a cocktail shaker with the ginger beer, sugar and a couple of dashes of lime juice. Shake the mixture thoroughly. Stir before topping with the soda water and serve in a glass garnished with fresh mint.

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MOCK PIÑA-COLADA

MOCK PIÑA-COLADA

Ingredients

6oz Pineapple Juice
2oz Coconut Cream
1 cup of crushed ice



Instructions

Pour the entire ingredients into a blender and blend thoroughly on a high speed. Once finished pour into a "Collins glass" (alternatively a highball) and garnish with a glazed cherry and a slice of pineapple. Alternatively substitute 6oz of pineapple juice for 5oz and include 8 strawberries for a 'Mock Strawberry-Colada.'

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MOCK PINK CHAMPAGNE

MOCK PINK CHAMPAGNE

Ingredients

- 1/2 cup of Sugar
- 1/2 cup of Orange Juice
- 1 cup of Pineapple Juice
- 1 1/2 cups of Water
- 2 cups of Cranberry Juice
- 2 bottles of Lemon-lime Soda



Instructions

Boil the water and sugar together until all the sugar has dissolved, and then leave the mixture to cool. Stir in the cranberry, orange and pineapple juice, and then chill the mixture. Add your carbonated soda just before serving in champagne flutes.

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MOCK PORT

MOCK PORT

Ingredients

1 1/2 oz Grape Juice
1 1/2 oz Apple Juice
1oz Cranberry Juice



Instructions

Mix and pour into a port glass and serve.

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ON THE BEACH

ON THE BEACH

Ingredients

1/4 Honeydew Melon
100ml Orange Juice
100g Raspberries
10ml Lime Juice
Grenadine
Lemonade



Instructions

Fill a blender with the fruit juices, melon, raspberries, grenadine and a generous handful of ice. Blend well before pouring the mixture into a highball glass filled with ice. Top this with lemonade and stir well. To garnish simply add a melon ball and raspberry on a stick.

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SAFE SEX ON THE BEACH

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Ingredients

3oz Cranberry Juice
3oz Grapefruit Juice
2oz Peach Nectar
Glazed Cherry



Instructions

Pour the fruit juices and nectar over ice in a chilled glass. Stir and serve garnished with a cherry.

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SCREWLESS DRIVER

SCREWLESS DRIVER

Ingredients

1 1/2 oz Ginger Ale
5oz Orange Juice



Instructions

Mix the ginger ale and orange juice. Pour into a glass (a highball glass is recommended) and add ice. Garnish with a slice of orange.

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VIRGIN MARY

VIRGIN MARY

Ingredients

200ml Tomato Juice
Tabasco Sauce
Worcestershire Sauce
Salt and Pepper



Instructions

Pour the tomato juice into a tumbler, followed by a dash of Worcestershire sauce and a couple of drops of Tabasco sauce. Finally sprinkle over a pinch of salt and a pinch of pepper. Garnish with a slice or wedge of lemon and a celery stick (optional.)

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VIRGIN SHIRLEY TEMPLE

VIRGIN SHIRLEY TEMPLE

Ingredients

Ginger Ale
Grenadine
1 Wedge of Lemon



Instructions

Add a few dashes of grenadine to a highball glass full of ice before filling with ginger ale. Then squeeze the juice from your lemon wedge into the drink. Garnish with a single cherry.

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VIRGIN TOM COLLINS

VIRGIN TOM COLLINS

Ingredients

4oz Lemon Juice
2oz Soda Water



Instructions

Mix and pour over ice into a 'Collins glass' (alternatively a highball.) Garnish with a slice of orange and a glazed cherry.

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