

# Mocktails



Many people love the taste of alcoholic cocktails, but they don't enjoy the side effects including more than 60 medical conditions. That's where mocktails come in. You can have a drink that's tasty and feels celebratory but doesn't leave you with a terrible hangover the next day.

Just because a mocktail is non-alcoholic doesn't mean it has to be boring! Choose a delicious mocktail from the recipes below and gain some delicious alcohol-free inspiration.

If you're looking to cut out empty calories from your diet, letting go of alcohol is a great place to start but be on the lookout for added sugar in your seemingly healthy drinks. If you would like to enjoy these mocktails while keeping your calories in check ensure you buy no added sugar juices and diet mixers.

It can be very difficult to count the amount of units in an alcoholic cocktail and if the overall amount of alcohol you drink regularly exceeds the low-risk guidelines, it may still cause serious harm.

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## Ginger Lime Fizz



### Ingredients

- 340ml Ginger beer
- 115ml sparkling water
- 4 teaspoons fresh squeezed lime juice
- Small bunch of mint
- Ice cubes

### Method

- ◆ Mix all of the ingredients together.
- ◆ Add ice cubes to a glass and pour over the mixture.
- ◆ Add the mint and serve.

## Orange & Cranberry Spritzer

### Ingredients

- 500ml fresh orange juice
- 500ml fresh cranberry juice
- 400ml sparkling elderflower drink

### Method

- ◆ Mix the orange and cranberry in a jug.
- ◆ Pour in the elderflower and it will fizz.
- ◆ Mix together and serve.



## Gin-Free G&T

### Ingredients

- 5 cardamom pods
- ½ cucumber
- 1 chamomile teabag
- ½ bunch mint leaves, plus extra to garnish
- 1 strip lemon zest
- 5 cloves
- ½ bunch rosemary
- Tonic water, to top up
- Ice
- Few pomegranate seeds, to garnish (optional)



### Method

- Bruise the cardamom pods and slice the cucumber. Put them both in a large jug and add the chamomile teabag, mint leaves, lemon zest, cloves and rosemary.
- Top up with 500ml cold water. Leave to infuse in the fridge for 2-4 hrs.
- To serve, strain the infused water and pour 50ml of it into each glass. Top up with tonic water and lots of ice.
- Garnish each one with a few more mint leaves and pomegranate seeds, if you like.

## Tropical Fizz

### Ingredients

- Handful strawberries, hulled and halved
- 1 kiwi fruit, peeled and chopped
- 2 pineapple rings, chopped
- Sparkling apple juice
- Tropical fruit juice
- Soda water



### Method

- Fill 8 glasses with a mixture made up of strawberries, kiwi fruit and pineapple rings. Fill the glasses with equal amounts of chilled sparkling apple juice, chilled tropical fruit juice and chilled soda water. Serve immediately.

## Pineapple 'Martini'



### Ingredients

- 150ml pineapple juice
- 50ml orange juice smooth
- 10 fresh mint leaves, plus 1-2 finely shredded to garnish
- A few ice cubes
- ¼ thin orange slice, to garnish

### Method

- Shake the juices with the mint leaves and ice in a cocktail shaker or sealed jam jar for 30 secs.
- Strain into a martini glass and garnish with the orange slice and shredded mint.

Tip: Turn this into a tropical juice float by serving in a sundae glass. Add some chopped pineapple and a scoop of vanilla ice cream.

## Island Iced Tea

### Ingredients

- 1ltr just boiled water
- 4 teabags
- 1 tbsp sugar (optional)
- 1-2 lemons, sliced
- Mint sprigs, to serve
- Ice cubes, to serve

### Method

- ◆ Add the teabags, sugar (if using) and half the lemon slices (reserving the rest to serve) to a large heatproof jug or pitcher. Pour over 1ltr just boiled water and leave to steep for 5 mins.
- ◆ Stir well, then discard the teabags and lemon slices and allow to cool to room temperature before transferring to the fridge to chill. The tea will keep for 2-3 days covered in the fridge.
- ◆ When ready to serve, fill glasses with ice and the remaining lemon slices. Pour in the chilled tea and garnish with a sprig of mint.

Tip: Normal black tea (such as English Breakfast) is classic for this recipe, but you could try using different blends such as citrusy Earl Grey or floral Darjeeling. Orange slices, cucumber ribbons and thyme sprigs also make lovely garnishes if serving a crowd.



## Mulled Apple Juice



### Ingredients

- 2 oranges - sliced
- 3 cinnamon stick & 1 to serve
- 3cm fresh ginger root - peeled and thinly sliced
- 2 Star anise & extra to serve
- 3 whole cloves and extra to serve
- 1 litre fresh apple juice

### Method

- ◆ Add one of the oranges, 1 cinnamon stick, ginger, star anise and cloves to a pan with a litre of boiling water and simmer gently for 10 minutes.
- ◆ Add the apple juice and gently heat for 3-4 minutes, taking care not to boil.
- ◆ Strain the mulled juice, pour into a jug and garnish with cinnamon stick, slices or remaining oranges.

## Mulled Berry Juice

### Ingredients

- 400ml fresh apple juice
- 300ml pomegranate juice
- 300ml cranberry juice
- 1 cinnamon stick
- 2 cloves



### Method

- ◆ Simmer all of the ingredients together in a pan for approximately 10 minutes to allow the flavours to infuse.
- ◆ Strain the juice and discard the leftover spice.
- ◆ Serve hot and enjoy!



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