MOCKTAILS

Compiled by the
UofA Coalition for Action
on High Risk Drinking
Ingredients:

11 blackberries
1 1/2 ounces pineapple juice
1/2 ounce vanilla syrup (see note)
Ice

Combine 9 of the blackberries, the juice and syrup in a cocktail shaker; muddle well.

Add the ice and shake vigorously for 30 seconds, then strain into a cocktail (martini) glass.

Garnish with the remaining 2 blackberries (one on each side of the rim, like alien ears).

NOTE: To make simple syrup, combine 1 cup sugar and 1 cup water in a small saucepan over medium heat, stirring until the sugar dissolves.

Bring to a slow, rolling boil, then reduce the heat to medium-low and cook for 5 minutes. Transfer to a glass container and let cool to room temperature.

Cover tightly and refrigerate until chilled through; store indefinitely.
LEMON BLUEBERRY COLADA

Ingredients:
8 parts San Pellegrino Limonata (or lemonade)
2 parts light coconut milk
1 part grenadine
Frozen blueberries

Mix together all ingredients in a glass and serve cold.
HONEY WE CANTALOUPE

Ingredients:

- 2 cups chopped cantaloupe
- 3 Tbsp. honey
- 12 oz. club soda
- 3 Tbsp. apple cider vinegar

Preparation
Purée cantaloupe, apple cider vinegar, and honey in a blender.
Strain into a measuring cup or bowl.
Divide among 4 glasses filled with ice and add 3 oz. club soda to each.
Garnish with cantaloupe wedges.
Enjoy!
GREEN AND GOLD LEMONADE

Ingredients:

2 cups cold peppermint tea
1/3 cup honey or other vegan substitute
a handful of fresh mint leaves
3 limes, juice and zest
3 lemons, juiced
sparkling water
fresh mint leaves and lime or lemon wedges for garnish

Add the peppermint tea, honey, mint leaves, lime juice and zest, and lemon juice to a blender and blend on high speed until smooth.

Strain the mixture into a large pitcher to remove any bits of mint leaves that remain.

Fill glasses half-way with the mixture and top it off with sparkling water, a lemon or lime wedge, and some fresh mint leaves for garnish.
HIBISCUS TEA SPARKLER

Ingredients:

4 cups boiling water
8 bags hibiscus tea
1/2 cup honey
ice
2 cups sparkling water
1/4 cup mint leaves
strawberries for garnish

INSTRUCTIONS
In a large pitcher, combine tea bags, honey, and boiling water; let steep 30 minutes to 1 hour, depending on how strong you like your tea.

Remove tea bags.

Add ice to pitcher and stir in sparkling water.

Add mint.

Refrigerate for 1 hour or until chilled.

Garnish with strawberries.
Serve.