

# Mocktails





# The Gentle Breeze

- 4 oz. 100% unsweetened cranberry or cranberry-apple blend
- 2 oz. 100% unsweetened grapefruit juice
- 2 oz. soda water
- ice cubes

Mix in glass and serve.

1 serving

# The Sunrise Blend

- 3 oz. 100% unsweetened orange juice
- 3 oz. 100% unsweetened pineapple juice
- 2 strawberries
- 1 banana
- 1 cup ice cubes

Put through blender and pour.  
Add sliced strawberries on top if desired.

1-2 servings

# Summer Cocktail

- 1 cup 100% unsweetened orange juice
- 1 cup watermelon, chopped, seeded and peeled
- 1/4 cantaloupe, peeled, seeded and chopped
- 1 orange, peeled, seeded and chopped
- 1/4 pineapple, peeled and chopped

In a blender combine orange juice, watermelon, cantaloupe, orange and pineapple. Process until smooth. Since this requires many ingredients you may want to make it in larger quantities for a large group.

4 servings

# Razzy Orange

- 1/2 cup 100% unsweetened orange juice
- 1/4 cup frozen raspberries
- 1 orange, peeled, seeded and chopped
- 1 individual container raspberry-flavoured yogurt (175 g)

In blender, combine orange juice, raspberries, orange and yogurt. Process until smooth.

2-3 servings

# Pussyfoot Punch

- 1 can frozen 100% unsweetened orange juice concentrate (355 ml), thawed
- 1 large can 100% unsweetened pineapple juice (1.36 L)
- 1 cup 100% unsweetened grapefruit juice
- 1 bottle soda water (1 L)
- 1 orange, sliced

Combine ingredients in a punch bowl.

10-12 servings

# Mint Tinsel

- 1/2 oz. lime cordial
- 6 oz. soda water
- 4 fresh mint leaves, torn

Garnish with a lime wheel or mini candy cane.  
Serve over ice.

1 serving



# Hot Wassail

- 4 cups 100% unsweetened apple juice
- 3 cups 100% unsweetened pineapple juice
- 2 cups 100% unsweetened cranberry (or cranapple blend juice)
- 1/4 tsp. ground nutmeg
- 1 cinnamon stick + more for garnish
- 3 whole cloves
- 1 lemon, sliced

Combine ingredients except cinnamon sticks for garnish in large kettle, simmer over low heat 10 minutes. Serve warm with cinnamon stick garnish in each cup. Can be kept warm on a holiday buffet on low in a crockpot.

8-12 servings

# Hot Cider Classic

- 1-2 oranges
- cloves
- apple cider
- cinnamon sticks

Stud the oranges with cloves. Put the cider into a large saucepan or crockpot and add the oranges and some cinnamon sticks (one or two.) Heat for several hours or just leave on all day for a party. Pour in more cider when it starts to get low.

10-12 servings

# Fruit 'n Chocolate Shake

- 1 medium banana, peeled and chopped
- 1 fully ripe pear, peeled and cored
- 2 tsp. cocoa
- 1 cup skim milk
- 1 tsp vanilla extract

Combine banana, pear, cocoa, milk and vanilla in blender. Puree until smooth and pour.

1 serving



# Crazy Cow

- 1 cup 100% unsweetened apple juice
- 1 cup milk
- 1/2 cup ice
- 1 tsp. vanilla extract

Mix all ingredients in a blender and pour.

2 servings

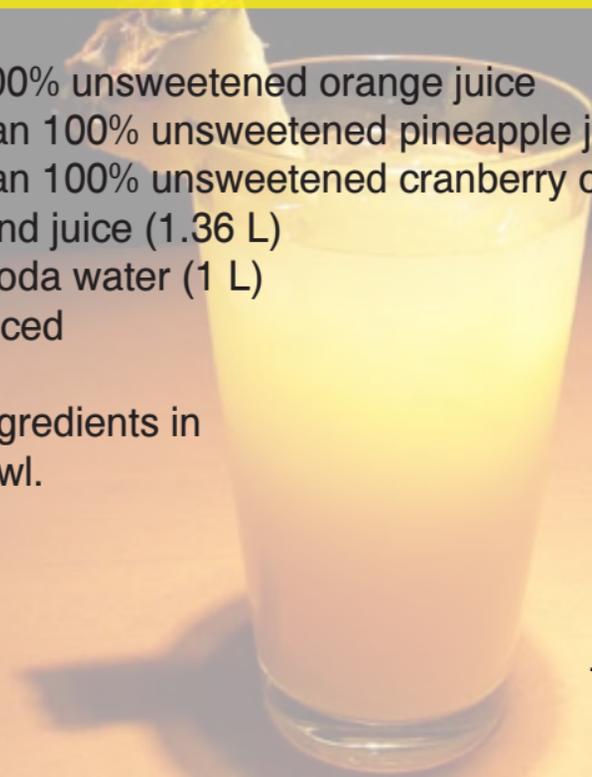


# Cranapple Punch

- 2 cups 100% unsweetened orange juice
- 1 large can 100% unsweetened pineapple juice (1.36 L)
- 1 large can 100% unsweetened cranberry or cranberry-apple blend juice (1.36 L)
- 1 bottle soda water (1 L)
- 1 lime, sliced

Combine ingredients in a punch bowl.

10-12 servings



# Bloody Shame

- 6 oz. V-8 juice
- 1/8 tsp. concentrated lemon juice (10 drops)
- hot pepper sauce (such as Tabasco) to taste
- 2-3 drops Worcestershire sauce
- black pepper to taste
- ice cubes

Put ice cubes in a large glass, followed by the V-8 juice. Add remaining ingredients and stir. Garnish with a celery stalk if desired.

1 serving

A close-up photograph of a glass filled with a pinkish-purple smoothie. A single strawberry is perched on the rim of the glass. The smoothie has a thick, creamy texture with some visible berry pieces. The background is a soft, out-of-focus white surface.

## The Berry Patch

- 1 individual container low-fat vanilla yogurt (175 g)
- 2 oz. each blueberries, raspberries and strawberries (or whatever is in season!)
- 1/2 cup skim milk

Combine ingredients in blender and mix thoroughly. Pour into glasses, garnish with fresh berries.

1 serving



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