

Drink Up! (©WinsPress.com 2022)

Easy ideas for alcohol-free drinks:

- Cranberry juice and sparkling water
- Ginger ale, mint leaves and a splash of maple syrup over ice
- Sparkling white grape juice, squeeze of lemon and drop of honey
- Cooled tea (most teas will work - experiment!) with stevia or honey and ice
- Cooled milky coffee, sweetened to taste, poured over ice
- Equal parts cooled hibiscus tea and ginger ale mixed
- Soda water with a slice of lime
- Tonic water with a slice of lemon

The recipes below take less than 20 minutes to prepare and serves one person.

Citrus Zing Mocktail

- 1 tablespoon Honey
- 1 tablespoon orange juice
- 1 tablespoon Lemon juice
- Lemon twist
- Large glass of crushed ice

Mix up the juices and honey and pour over a large glass of crushed ice.

Ginger and Lemon Mocktail

- 1 tablespoon ginger cordial or cooled ginger tea,
- A squeeze of lemon juice,
- 2 tablespoons of raw apple cider vinegar
- One glass sparkling water

Mix up the juice, cordial, and vinegar. Pour into a glass of sparkling water and add honey or stevia to taste.

Strawberry and Mint 'Mockhito'

- 3 large strawberries, hulled and sliced
- 5 fresh mint leaves, plus more for garnish
- 1 tablespoon fresh lime juice
- 1 tablespoon simple syrup
- 1/2 cup club soda

In a glass, mix up the simple syrup, strawberries, and fresh mint leaves, bash with the spoon until fragrant.

Add a handful of ice to your glass and pour in the lime juice, and club soda.

Gently stir, garnish with a sprig of mint, and enjoy immediately!

Mango Mint and Orange Cooler

- 1/2 cup fresh mango
- 4-5 mint leaves
- 1/2 orange
- 1 cup yoghurt
- Honey to taste
- A pinch of cardamom powder

Blend everything in a blender with few cubes of ice.

Garnish with grated nutmeg & mint.

Watermelon Cooler.

- 250g/8oz watermelon peeled, seeds removed, chopped
- Teaspoon lemon juice
- Fresh mint leaves, to serve

Mash the watermelon in a bowl, then stir in the lemon juice.

Sieve the watermelon into a jug and press down gently on the pulp to extract all the juice.

Pour the juice into glasses filled with ice and garnish with the mint.

Useful websites for more alcohol-free drinks ideas:

<https://www.bbcgoodfood.com/recipes/collection/non-alcoholic-cocktail-recipes>

<https://www.triathlete.com/nutrition/recipes/treat-yourself-to-these-non-alcoholic-cocktail-recipes>

<https://healthwholeness.com/drinks/non-alcoholic-drinks>

Essential oils for use in drinks

CAUTION: Use food grade oils only, one drop per large glass of water, use sparingly. Be aware of allergies. Follow manufacturer's instructions.

- Mint
- Anise
- Wild Orange
- Juniper
- Ginger
- Lemon
- Lime

N.B: A reputable site to purchase excellent quality oils, suitable for ingestion is:
<https://www.doterra.com> We are not affiliated in any way.