



# *Mocktail Recipe Book*

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# Watermelon Mint Mocktail

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## ***Ingredients:***

- 2 fresh mint leaves, plus more for garnish
- Ice
- 3/4 cup club soda
- Small slice of watermelon for garnish

Prep Time: 5 Mins

Total Time: 5 Mins

Servings: 1

## ***Instructions:***

Mash mint leaves in the bottom of a large cocktail glass or pint glass with a muddler or small wooden spoon. Fill the glass one-third full of ice; add watermelon juice. Top with club soda and garnish with watermelon slice and more mint leaves, if desired.

## ***Tips:***

To make your own watermelon juice, puree 1 ½ cups cubed seedless watermelon in a blender until smooth. Pour the mixture through a fine-mesh sieve into a bowl, pressing with a spoon to release juices. Discard solids. Cover and refrigerate the juice for up to 4 days.



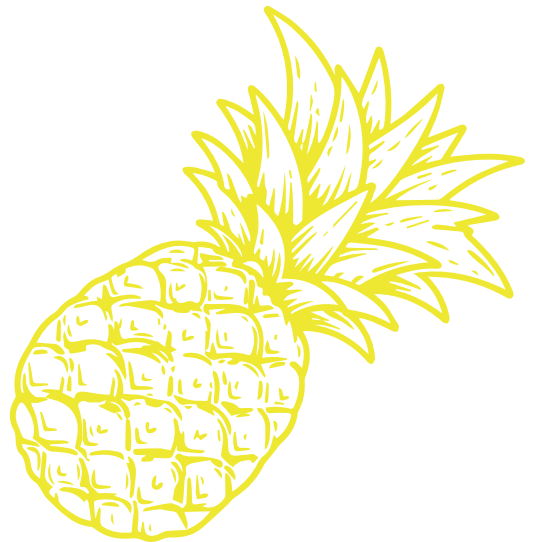
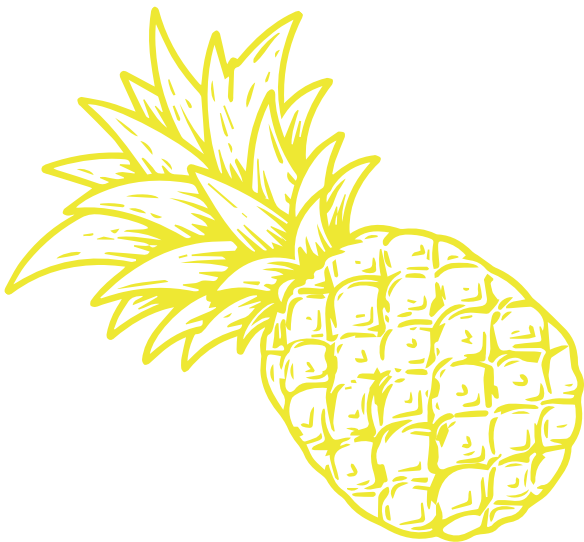
# Pineapple Lemonade

## *Ingredients:*

- prepared lemonade (Country Time works well or homemade lemonade is also incredible).
- pineapple juice
- sprite

## *Instructions:*

- Simply mix the ingredients together in a pitcher and chill until ready to serve.
- Pineapple juice will settle as it sits, so give it a good stir before serving.



# Golden Spiced Latte

## *Ingredients:*

- 1 Cup Milk or Oat Milk
- 1 Teaspoon Maple Syrup or Honey
- ½ Teaspoon Ground Turmeric, plus more for garnish, if desired
- ¼ Teaspoon Ground Cardamom
- ¼ Teaspoon Vanilla Extract
- Freshly Ground Black Pepper

## *Instructions:*

- In a small saucepan, warm the milk until it just barely begins to simmer. Stir in the maple syrup, turmeric, cardamom, and vanilla, then carefully transfer to a blender.
- Blend on high speed for 30 to 40 seconds until frothy (you can also use an electric milk frother).
- Pour the mixture into a mug, top with pepper and a little pinch of turmeric, if desired, and serve hot.





# Frozen Coconut Limeade

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## ***Ingredients:***

- 5 1/2 cups ice
- 5/8 cup cream of coconut (like Coco Lopez)
- 4-5 tablespoons frozen limeade concentrate (substitute lemonade version if you'd like)
- 1/8 cup water

Prep Time: 5 Minutes  
Total Time: 5 Minutes

## ***Instructions:***

Add all ingredients to blender and blend until smooth.



# ALCOHOL FACTS



Alcohol is a depressant which means it “depresses” or “slows” the Central Nervous System. The Central Nervous System controls all the functions of the human body, such as breathing, thinking, movement, etc.



# *Non-Alcoholic Tropical Pineapple Drink*

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## *Ingredients:*

- 1 pineapple chopped
- 1/4 lemon
- 2 cups of water
- 1/2 a cup of ice
- Mint leaves to garnish
- 1 banana optional (see notes)
- 1 pear optional

Prep Time: 5 minutes

Blend Time: 3 minutes

Total Times: 8 minutes

## *Instructions:*

- Peel pineapple and chop into chunks.
- Add the pineapple, lemon and water to a smoothie maker. Blend until smooth.
- Finally, sieve the mixture. Add ice to a cup and pour in the non-alcoholic pineapple drink. Enjoy!

## *Notes:*

If you want to make this smoothie more tropical then add bananas and pears to the blender.





# *New Mother Mocktail*

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## ***Ingredients:***

- 32 ounces apple juice
- 32 ounces cranberry juice
- 32 ounces orange juice
- Crushed ice
- Orange slices for garnish

Prep Time: 5 minutes

Total Time: 5 minutes

## ***Instructions:***

In a large pitcher or punch bowl, add juice and stir to combine. If your pitcher or bowl is smaller than 96 ounces, combine the juices in equal parts in a smaller amount and refill as necessary.

Serve over ice and garnish with orange slices, if desired.



# Apple-Cranberry Wassail

## *Ingredients:*

- 3 Cups Apple Juice
- 1 ½ Cups Cranberry Juice
- 3 Cinnamon Sticks
- 1 Teaspoon Whole Cloves
- 1 Tablespoon Honey
- 1 Honeycrisp Apple, Sliced (Top, Bottom, & Seeds Discarded)

## *Instructions:*

- In a slow cooker or saucepan, combine the apple juice, cranberry juice, cinnamon sticks, cloves, and honey.
- Float the apple slices on top.
- Set the slow cooker on low heat for 3 hours or simmer on the stove 30 to 40 minutes.
- Remove the cloves, cinnamon sticks, and apples before serving.
- Ladle the wassail into mugs and serve hot. (Makes 6 servings)



# ***The Role Parents Play***



Parents can play a role in shaping their youth's attitudes towards drinking. Ways in which they can do this include:

*Talking about the dangers of drinking*

*Serving as positive role models*

*Keeping alcohol out of the house*

*Getting to know their children's friends*

*Supervising all parties to ensure there is no alcohol*

*Encourage kids to participate in healthy and fun alternative activities that do not involve alcohol*

*Connecting with other parents that have the same mindset as them to portray the same message of the importance of youth not drinking alcohol*



# Cucumber Ginger Mocktail

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## *Ingredients:*

- 1 medium cucumber
- 10 slices of fresh ginger (about 1/4" thick)
- 2 cups sugar (or about 1 3/4 cups agave nectar)
- 2 cups still water
- 1 soda water for serving (about 5 ounces per drink)
- 1-2 cucumber slices

Prep Time: 2 minutes

Total Time: 2 minutes

## *Instructions:*

Place sliced cucumber and ginger in a large, heat-proof bowl. Bring sugar and water to a boil in a saucepan over medium-high heat, stirring until sugar is completely dissolved. Pour over cucumber and ginger and let stand for 2 hours.

Strain into a bottle and chill.

To prepare a cocktail, stir together about 1 hot syrup (1.5 ounces) with about 3 shots water (4.5 ounces), or to taste. Garnish with a cucumber slice.





# Pink Panther Mocktail

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## ***Ingredients:***

- 3 cups crushed ice
- 3/4 cups pineapple juice
- 3/4 canned coconut milk (be sure to stir the contents very well to incorporate)
- 1/2 cup cream of coconut
- 1/4 cup fresh strawberry sauce (homemade strawberry freezer jam or you could use grenadine, but the flavor will be cherry rather than strawberry).
- Fresh pineapple slices and strawberries for garnish.

Prep Time: 5 mins

Total Time: 5 mins

## ***Instructions:***

Place ice, pineapple juice, coconut milk, cream of coconut, and strawberry sauce in blender. Blend until ice is crushed to desired consistency. Pour into glasses and garnish with pineapple and strawberries.





# Raspberry Mint Limeade

## *Ingredients:*

- 2 cups fresh raspberries
- 1/2 cup sugar
- 1 1/2 cups water
- 7 sprigs of mint
- 2/3 cup freshly squeezed lime juice
- Club soda
- Ice cubes

## *Instructions:*

Place a small saucepan over medium-high heat. Add the raspberries, sugar and water to the pan, stirring to combine. Bring the mixture to a simmer, reduce heat, and allow to cook for five minutes. Remove the pan from the heat and add the mint sprigs to the pan. Steep the mint, stirring gently, about 30 seconds. Remove the mint. If desired, strain out the raspberry seeds with a fine mesh sieve. Allow the raspberry mint mixture to chill in the refrigerator.

Once cool, stir in the lime juice. Fill a small glass with ice cubes. Pour the raspberry-mint-lime mixture over ice, filling the cup about half to two-thirds full. Top off the glass with club soda, giving the drink a quick stir. Taste for sweetness, adding more raspberry or club soda as desired. Repeat steps with the remaining glasses.

Enjoy promptly with lime wedges, fresh raspberries, and/or mint on top.





# Blueberry Lemonade

## *Ingredients:*

- 3-4 oz of Blueberry Lemonade Juice (Minute Maid version)
- 2 oz Sprite
- 1 oz Blue Curacao (use blue syrup if you don't want to use Blue Curacao in a kid's drink)
- 1 cup of Ice
- 3 Maraschino cherries for garnish

## *Instructions:*

- Fill ice in a mason jar or glass (6 or 8 oz glass is fine)
- In a cocktail shaker, add the Blueberry Lemonade, Sprite, Blue Curacao (do not shake).
- Pour over ice.
- Serve.

# *Strawberry Coconut Cooler Mocktail*

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## *Ingredients:*

- 1 cup strawberries, sliced
- 1/2 cup cucumber, sliced
- Ice
- 1 cup coconut water

## *Instructions:*

Add strawberries, cucumber, ice, and coconut water to a blender and blend until well combined.





# Social Hosting



A social host is an adult who, with or without knowledge, hosts underage drinking on property that he or she owns, leases, or otherwise controls.

To learn more about the consequences of social hosting visit:  
[https://www.bhsst.org/news\\_events/what-is-social-hosting/](https://www.bhsst.org/news_events/what-is-social-hosting/)







# Mock Orange Julius

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## *Ingredients:*

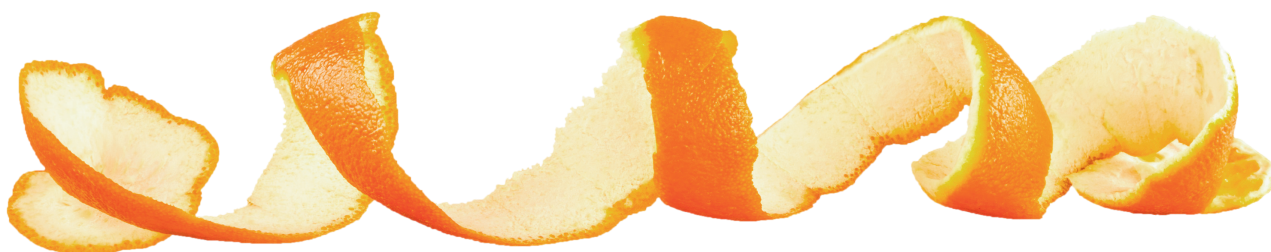
- 1 cup fresh orange juice
- 2 tbsp SLENDA Granulated Sugar
- 1/2 tsp vanilla extract
- 1-2 handfuls of ice

Prep Time: 5 minutes

Total Time: 5 minutes

## *Instructions:*

Peel orange. Place all ingredients into a blender. Blend on high until everything comes together. Add additional orange juice as needed to get things moving. Enjoy!



# *“Preggy Punch”*

## *Mocktail*

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### *Ingredients:*

- 2 ounces pineapple-coconut juice
- 4 ounces pre-made limeade
- 1/2 tablespoon ginger juice
- 1 ounce club soda
- 2 tablespoons tropical flavored jelly beans
- Cotton candy for garnish
- Ice

Prep Time: 3 minutes

Total Time: 3 minutes

### *Instructions:*

Mix the pineapple-coconut juice, limeade, ginger juice and club soda in a glass. Add jelly beans and ice. Then add a straw and garnish the rim with a whisp of cotton candy. Serve cold.

To make a large pitcher of “Preggy Punch”: mix 20 ounces pineapple-coconut juice, 40 ounces limeade, 5 tablespoons ginger juice, and 10 ounces club soda. Prepare glasses with jelly beans, ice, and cotton candy.



# Strawberry Honey Soda

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## *Ingredients:*

- 1 cup frozen strawberries, thawed
- 1/2 cup honey syrup
- seltzer water, for serving

Prep Time: 10 minutes

Total Time: 15 minutes

## *Instructions:*

Add the strawberries to food processor and puree into a smooth paste.

Add the strawberry puree to a small saucepan with the simple honey syrup. Simmer over medium heat for 5 minutes, until slightly reduced. Let cool completely, then strain into an airtight container and store in the refrigerator for up to 2 months.

To serve, mix 1 - 2 tablespoons of strawberry syrup with 8 ounces of seltzer water in a glass over ice. Enjoy!



# Spicy Watermelon Mocktails

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## Ingredients:

- 1 heaping cup frozen watermelon cubes
- 1 heaping cup fresh watermelon cubes
- 1/2 jalapeno
- 1/4 cup simple syrup
- 1 tbsp lime juice
- Sparkling water to top off

## Garnishes:

- 1 tbsp kosher salt
- 1/4 tsp cayenne pepper
- Jalapeno coins
- Thin watermelon wedges

Prep Time: 10 minutes

Total Time: 15 minutes

## Instructions:

In a blender, combine frozen and fresh watermelon and half the jalapeno. Blend until you don't see any jalapeno left.

Strain mixture and discard pulp. Add lime juice and simple syrup and stir to combine.

To make the salted rims, combine salt and cayenne powder in a wide flat bowl. Use a wedge of lime and run it around the edge of the glass, then dip the wet edge into the spicy salt.

Pour glasses 2/3 full with mixture then top off with sparkling water. Garnish with a jalapeno coin and watermelon wedge to serve.





# Warning Signs of Underage Drinking

Mood changes

Academic or behavioral problems at school

Change in friend group

Lower energy level

Less interest in activities

Less care in their appearance

Smelling alcohol on their breath

Slurred speech

Coordination problems

For more information visit:

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking>



# Mint Berry Smash Mocktail

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## *Ingredients:*

- 1 handful raspberries
- 1 handful blueberries
- 1 sprig fresh mint leaf
- 1 oz lime juice
- 1 tbsp agave nectar or honey
- Ice
- 1 splash soda water or seltzer water

Prep Time: 10 minutes

Total Time: 15 minutes

## *Instructions:*

In a cocktail shaker or a tall glass, muddle raspberries, blueberries, and mint.

Add lime juice, sweetener, and ice, and shake until well combined. If you do not have a cocktail shaker, simply pour back and forth between two glasses until combined.

Strain mixture over ice and top with a splash of soda water.

Garnish with berries and mint

Enjoy!



# Color-Changing Lemonade Slushies

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## *Ingredients:*

- 4 teaspoons blue pea flower tea
- 2 cups boiling water
- 2 cups lemonade

Prep Time: 10 minutes

Additional Time: 4 hours

Total Time: 4 hours 10 minutes

## *Instructions:*

Steep tea in boiling water for 8 minutes. Strain into a 2-cup measuring cup. Pour tea into an ice cube tray and freeze until solid.

Place the frozen tea cubes in a blender and crush. Place 1/2 cup in each glass and pour 1/2 cup lemonade over the crushed ice. Watch the magic!



# *Canta-Not-Loopy*

## *“Margarita”*

### *Ingredients:*

- 1 Cup Chopped Cantaloupe
- Ice Cubes
- 1 Small Jalapeno Chile, thinly sliced (seeds and membrane discarded if you prefer less spicy)
- 4 Dried Lime Leaves
- Unflavored Sparkling Water

Makes 2 Servings

### *Instructions:*

- Put the cantaloupe in a blender and blend until smooth.
- Pour the cantaloupe puree through a fine-mesh strainer into a container, pressing on the puree with a rubber spatula to extract all the juice.
- Add ice to 2 cocktail glasses; divide the cantaloupe juice among the glasses, about 3 to 4 tablespoons per glass.
- Add a few jalapeno slices along with 2 lime leaves per drink.
- Top with sparkling water and serve.
- Use any extra cantaloupe juice for a smoothie or store in the fridge for 3 to 4 days.



*Dried lime leaves are usually located with other packaged herbs in the fresh vegetable area.*





# Cranberry-Lime Mocktail

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## ***Ingredients:***

- 2 cups fresh or frozen cranberries, plus more, for serving
- 1 1/4 cups sugar
- 3/4 cup frozen limeade concentrate (half of a 12 ounce can)
- 1/2 cup fresh lime juice, plus lime slices, for serving
- Seltzer, for serving

Prep Time: 20 minutes

Total Time: 1 hour

## ***Instructions:***

Combine the cranberries, sugar and 1 cup water in a medium saucepan over high heat. Bring to a boil and reduce to a simmer. Carefully smash the cranberries with a potato masher, then simmer the mixture until slightly reduced and dark red, about 10 minutes. Let cool for 10 minutes.

Strain the mixture through a strainer into a heatsafe container, pressing on the cranberry solids to extract all the juice. Let cool for 30 minutes.

Combine the cranberry syrup with the limeade and lime juice in a pitcher and stir well.

Mix equal parts of the drink mix and seltzer. Serve over ice with cranberries and a lime slice.

# Virgin Strawberry Daiquiri

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## *Ingredients:*

- 2 cups fresh strawberries or one 10-ounce bag frozen strawberries, plus 1 strawberry, halved, for serving
- 1 cup ice
- 3/4 cup citrus soda, such as Fresca, Sprite, or San Pellegrino
- 3 ounces nonalcoholic rum, such as Lyre's White Cane Spirit, optional
- 5 tablespoons light agave syrup
- 1/4 cup lime juice

Prep Time: 5 minutes

Total Time: 5 minutes

## *Instructions:*

Add strawberries, ice, citrus soda, nonalcoholic rum, if using, agave and lime juice to a blender and blend until smooth. Serve in 2 tall glasses or daiquiri glasses garnished with a strawberry half on each rim.





# Alcohol Blackout: What is it?



**Alcohol-related blackouts are gaps in a person's memory for events that occurred while they were intoxicated.**

For more information visit;  
<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/interrupted-memories-alcohol-induced-blackouts>



# Chocolate Martini Mocktail

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## *Ingredients:*

- 1 cup cold milk
- 1/4 cup best quality chocolate syrup, plus more for dipping rims
- 1 tablespoon corn syrup
- Crushed ice, as needed
- 2 martini glasses
- Chocolate sprinkles

Prep Time: 5 minutes

Total Time: 5 minutes

## *Instructions:*

Combine the milk, 1/4 cup chocolate syrup, corn syrup, and crushed ice in a blender and blend until smooth.

Pour some of the chocolate syrup onto a small plate and some of the chocolate sprinkles onto another small plate. Dip the rim of each glass in the chocolate syrup and then dip the rim in the chocolate sprinkles. Fill each glass to the top with the chocolate milk mixture.



# Sparkling Strawberry Lemonade

## *Ingredients:*

- 1 small package frozen strawberries thawed and pureed
- Ice Cubes
- (1) 59 ounce bottle Simply Lemonade
- (1) 2 Liter Bottle Sprite
- 15 lemon wedges to garnish

*Total Time: 5 minutes*

*Servings: 15*

## *Instructions:*

- Place 2 Tbsp pureed strawberries at the bottom of a glass
- Add 3-4 whole ice cubes
- Pour 1/2 cup lemonade and 1/2 cup Sprite over the ice
- Garnish with a lemon wedge, and serve!



# Mock Colada

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## *Ingredients:*

- 2 tablespoons freshly squeezed lime juice
- 1/2 cup pineapple juice
- 2 tablespoons coconut milk
- 1 tablespoon honey
- 1/4 cup coconut-flavor seltzer
- 2 maraschino cherries
- 2 small wedges fresh pineapple

Prep Time: 5 minutes

Total Time: 5 minutes

## *Instructions:*

Add 3 to 4 ice cubes to a cocktail shaker, plus the lime juice, pineapple juice, coconut milk, and honey. Cover and shake to dissolve the honey and chill the drink. Strain into a 15 to 20 ounce hurricane glass filled with crushed ice. Top off with the seltzer. Spear the maraschino cherries and pineapple wedges on a cocktail pick for the garnish.





# Mermaid Refresher

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## *Ingredients:*

- 1/2 cup seltzer
- 1/2 cup blue punch, such as Hawaiian Punch
- 2 tablespoons pineapple juice
- 2 tablespoons pineapple lemonade
- 1 maraschino cherry, for garnish
- 1 lemon slice, for garnish

Prep Time: 5 minutes

Total Time: 5 minutes

## *Instructions:*

Add the seltzer, blue punch, pineapple juice and lemonade to a cup and stir. Skewer the cherry and lemon slice on a cocktail umbrella and top the drink with it.





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