

mocktails

prep time 5 min	serves 1	category alcohol free
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You don't have to stick to orange juice, lemonade or cola if you are non-drinker, designated driver, on medication, or trying to cut down on alcohol....these non-alcoholic cocktail recipes offer some easy, tasty alternatives.

Non Alcoholic Mojito

things you need	
40ml soda water 6 mint leaves 2 lime wedges Sprig of mint	30ml apple juice 20ml lime juice 15ml elderflower cordial crushed ice

here's how
<ol style="list-style-type: none">1 Muddle (press & mix around with spoon or fork) the mint leaves in the bottom of a tall glass2 Add the apple juice, lime juice and elderflower cordial to the glass3 Add crushed ice and stir4 Top up with soda water; garnish rim of glass with sprig of mint

Moscow Mule Mocktail

things you need	
½ cup non-alcoholic ginger beer 3 tbsp lime juice 3 tbsp soda water	crushed ice fresh lime

here's how
<ol style="list-style-type: none">1 Fill a glass or ceramic mug 3/4 full of crushed ice2 Add the ginger beer, lime juice and soda water3 Stir together; garnish with wedge of lime on side of mug

mocktails

Virgin Mary

things you need	
85ml tomato juice dash lemon juice ½ tsp Worcestershire sauce 2 drops Tabasco sauce	1 celery stick, preferably from the heart (centre of the celery) ice cubes lime or celery, to garnish

here's how
<ol style="list-style-type: none">1 Liquidise the ingredients2 Pour into a tall glass over ice3 Garnish with a lime wedge or celery stick

Mango Mock-o-lada

things you need	
6oz frozen mango chunks ¼ cup coconut cream ¼ cup coconut milk (plus more if needed)	juice of 2 fresh limes (if using lime concentrate - approx. 1.5 to 2 tbsp per lime) lime and mango slices, to garnish

here's how
<ol style="list-style-type: none">1 Put the mango chunks, cream of coconut, coconut milk and lime juice in the blender and puree until silky smooth2 Add additional coconut milk, a tablespoon at a time, if needed to get the mixture moving in the blender3 Garnish with a lime wedge & mango slice on side of glass TIP: Make it ahead; freeze the mixture in ice cube trays, then re-blend when you want to make a drink.

Sham-pagne

things you need	
60ml lime cordial 60ml elderflower cordial	30ml soda water, ice cold 3 drops orange blossom water (optional)

here's how
<ol style="list-style-type: none">1 Pour all the ingredients into a jug and give it a stir2 Serve in champagne flutes or wine glasses3 Serves 1 or more

mocktails

Ginger Ninja

things you need

½ cup coconut water ½ tsp honey ½ inch grated fresh ginger juice of ½ lemon (if using lemon concentrate, approx. 1 tbsp)	pinch sea salt pinch tumeric (optional) lemon wedge, to garnish
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here's how

- 1 Put all ingredients in a jam jar, or other large glass
- 2 Shake if using jam jar with lid, or stir thoroughly if mixing in glass
- 3 Serve right away in small glass, garnish with lemon slice on edge of glass

helpful notes

- You will need a blender or hand blender to make some of these mocktails