

Mocktail Recipes

Blueberry Ice

1. Fill a tall glass with ice.
2. Add 1 oz. blueberry juice and 3 oz. diet white cranberry juice (or diet white grape juice).
3. Garnish with a lemon twist.



Escarpment Mocktail

1. Put 3 oz. orange juice in a glass with ice.
2. Top with 2 oz. sugar-free lemon-lime flavored water.
3. Garnish with a strawberry slice.



Mini Mary Mocktail

1. Rim a tall glass with fresh lime and sea salt.
2. Fill the glass with ice and add 1/4 oz. lemon juice, 1/4 tsp. hot sauce and 4 oz. tomato juice.
3. Stir to mix. Garnish with a lemon wedge and a rosemary sprig.



Cookie Cutter

1. To a blender, add 1 cup ice, 1 scoop fat-free vanilla frozen yogurt, 1 tbsp. sugar-free butterscotch sauce, 1/8 tsp. ground cinnamon and 2 oz. milk.
2. Blend and pour into small glasses.



Baby Belle

1. Mix 2 oz. pineapple juice, 1 oz. orange juice, and 1 tsp. sugar-free Cherry syrup in a glass with ice.
2. Top with 3 oz. lemon-lime flavored water.
3. Garnish with a pineapple spear.



Mango Mash

1. Peel 1 ripe mango.
2. Add 1/2 cup of plain yogurt, 1/2 cup of milk and 1/2 cup of ice.
3. Blend and enjoy.



Sunny Lemonade

1. Fill a tall glass with ice.
2. Add 1 oz. pomegranate* juice and 3 oz. diet lemonade
3. Sprinkle with pomegranate seeds.

* Substitute another type of juice if pomegranate juice is not available.



V.I.P. Lime Mocktail

1. Mix 4 oz. light or diet limeade with ice.
2. Garnish with blueberries and a mint sprig.



Backyard Caesar Mocktail

1. Rim a tall glass with fresh lime and celery salt.
2. Fill the glass with ice and add 2 tsp. spicy BBQ sauce, 1/4 oz. lime juice and 4 oz. Clamato.
3. Stir to mix. Garnish with a beef jerky piece.



Berry Bramble

1. Fill a tall glass with ice.
2. Mix 1 oz. mashed raspberries, the juice of 1/8 fresh lime and 4 oz. berry flavored Crystal Light
3. Garnish with a slice of lime.



Living is Easy Mocktail

1. In a glass of ice, mix 4 oz. diet limeade and the juice of 1/2 fresh lime.
2. Add mashed raspberries.
3. Garnish with a slice of orange.



Chocolate Amour Mocktail

1. To a heatproof mug, add 2 oz. warm milk, 1 tbsp. sugar-free chocolate sauce and 4 oz. decaffeinated hot coffee.
2. Stir to mix. Garnish with an orange slice.

