

### What is a mocktail?

To put it simply.... it is a “mock” cocktail. They look good, taste better, and have no alcohol!

### Why mocktails?

Mocktails allow your designated driver to drink more than soda or water...they're fun to drink and don't single anyone out. Mocktails are made just like regular cocktails just without alcohol.

Drink responsibly, Always Designate a Driver!

For more information on Mocktails or the Safe Communities Coalition, please contact the Licking County Health Department (740) 349-6535 or [wellness@lickingcohealth.org](mailto:wellness@lickingcohealth.org)



Licking County Health Department

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# Mocktail Recipes

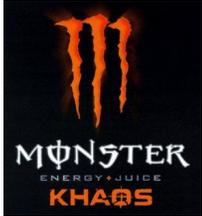


2009

Safe Communities

## KHAOTIC STRAWBERRY RITA

- 1 (16 oz) can Monster Khaos Energy Juice®
- 16 oz package of unsweetened frozen strawberries



Pour Monster Khaos® into blender. Add entire package of strawberries. Blend and serve.

## Soft Lemonade



- 2 quarts lemonade
- Juice from 4 lemons
- 4 lemons cut into rounds
- 1 Liter of Sprite®

Mix together first three ingredients (set a few lemon rounds aside for garnish). Add remaining lemon rounds into mixture. Add Sprite® before serving. Serve chilled.

## Unfuzzy navel

- 3 oz Peach Nectar
- 4oz Pineapple-Orange Juice
- 1 tsp. Lemon Juice
- Dash of Grenadine
- 2 oz Sprite®



**\*Combine first four ingredients in shaker half filled with ice, shake well. Before serving add Sprite®.**

## Sticky Cider

- 8 oz Apple Cider
- 3 Tbsp. Carmel Syrup

Pour 8 oz apple cider into mug. Warm apple cider in microwave. Add carmel syrup, stir well (until syrup dissolves). Garnish with a cinnamon stick.

## CRANBERRY MOJITO

- 6 sugar cubes
- 10 mint leaves (crushed)
- 1 lime, juiced
- 6 oz Ocean Spray® Cranberry Juice
- 3 oz Sprite®



Combine sugar, mint, lime and cranberry juice in a tall glass. Mix well, until sugar dissolves. Before serving add Sprite®. Garnish with lime wedge, cane sugar stick and mint sprig.

## Buckeye Buzz

- 1 Tbsp. Reese's® chocolate peanut butter syrup
- 1 Cup coffee
- 2 Cups low-fat chocolate milk

Mix hot coffee with syrup until dissolved. Add chocolate milk. Serve chilled or over ice. Garnish with mini buckeyes!

