

Alcohol Free Cocktails

SUNDANCE

1 Part Grape Juice
1 Part Ginger Ale
Cherries
Mix well with ice in a cocktail shaker
or
screw top jar.
Strain into a cocktail glass.
Decorate with a cocktail stick and
cherry

STRAWBERRY FROST

10oz can of strawberries in juice
4 fl. oz. lime juice
½ pint lemonade
Blend until lovely and frothy.
Pour into a jug and pop
in a few ice cubes



APPLE ICE

1 Part Vanilla Ice Cream
2 Parts Apple Juice
Freshly Ground Nutmeg
Whipped Cream for Topping
Put Ice-cream into a blender and
blend
a little. Add Apple Juice and a
generous sprinkling of ground
nutmeg. Blend until frothy.
Top with Whipped Cream
Sprinkled with a little nutmeg

PUNCH

1 Part red Grape Juice
2 Parts Ginger Ale
2 Parts sparkling White Schloer
Slices of fruit
Put all drinks into a punch
bowl. Garnish with slices
of fruit

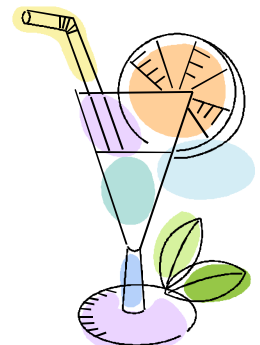


TASTE OF PASSION

¾ pint pineapple juice
½ pint orange juice
½ pint sparkling spring water
2 passion fruit
chill fruit juices and spring
water. Halve passion fruit.
Scoop seeds into jug. Add
Juices and water. Mix well and
then serve in tall glasses with ice

SPOTLIGHT

2 Parts Apple Juice
1 Part Ginger Ale
Dash of Lemon Juice
Dash of Lime Juice cordial
Half fill a cocktail Glass
with apple juice, add a
dash of lemon and lime
Top up with ginger ale.
Chill Well



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ROCK LIME

1 Part Lime Juice
9 Parts Bitter Lemon
Fill a glass with crushed ice
Add a few dashes of lime
Fill up the glass with the bitter
lemon
Decorate with lemon/lime slices



APPLE GINGER

3 Parts Apple Juice
2 Parts Bitter Lemon
1 Part Ginger Ale
Mix all ingredients in a
mixing glass. Pour over
ice in a tall glass. Garnish
with a slice of red skinned
apple and a slice of lemon.
Serve with two straws.

BANANA BONANZA

3/4 Pint Ice Cold Milk
1 Banana
1 Scoop of Vanilla Ice Cream
! tsp Sugar (if required)
Blend all the ingredients.
Serve in
a tall glass with a fat striped
straw.
Variation: Turn into a banana
eggflip by substituting
egg for icecream. Halve the
amount of milk and ice cubes

SPARKLER

1 Part Orange Juice
1 Part Pineapple Juice.
1 Part Grapefruit Juice
1 Part Soda Water
Squirt of 1 fresh Lemon
Mix fruit juices together in a jug
and chill until required. Add soda
water just prior to serving.
Serve in Tall Glasses with
Orange and Lemon slices and a
sprig of mint

LOW CALORIE QUENCHER

1 Bottle sparkling apple juice
1 Bottle mineral water
Slices of lemon
Ice
Chill the sparkling apple
Juice and mineral water.
When ready to serve mix
equal amounts in a tumbler
glass, add ice and top with a
twist of lemon.

EARLY RISER

1 Part Prune Juice
1 Part Apple Juice
1 Part Natural Yoghurt
Thoroughly chill all
ingredients and blend
with ice. Pour into
tall glasses.



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ST. CLEMENTS

1 Part Orange Juice
1 Part Bitter Lemon
Orange and Lemon
slices
Half fill a glass with
chilled orange and top
up with slices of
orange and lemon.

MOCK MARTINI

To make short dry drink, very
like the real thing
5 Parts tonic water
1 Part lime juice cordial
Lemon slices
Olive
Pour tonic and lime over ice.
Garnish with a slice of lemon
and an olive. Wait a little before
drinking to allow the flavour of
the garnish to have its effect.

