

## **Non – alcoholic Alternatives**

Ame white wine  
Ame crisp dry white wine  
Ame Rosé

Shloer white grape drink  
Shloer apple & white grape  
Shloer

Tesco white grape & lemon wine  
Tesco redcurrant & peach wine  
Tesco white grape wine

Norfolk Punch

Fentimans Ginger Beer

Guarana Breeze

Becks Non-Alcoholic beer

## **Low Alcohol Alternatives**

Swaying willow chardonnay  
(1%vol) (also low calorie –28 calories  
per 100mls)

Lambrusco Light White  
(3% vol)  
Lambrusco Light Rosé (4% vol)

Ariel Blanc de-alcoholised wine  
(.5% Vol)

Carl Jung medium dry white de-  
alcoholised wine (.5% Vol)

Substance Abuse Service, The Lodge,  
St. Vincent's Hospital, Fairview, Dublin 3. Tel: 8842401

**Check out your local  
supermarket for other non-  
alcoholic and no alcohol drinks**

**Search the web for mocktails**

As many of the non alcoholic drinks  
look, taste and smell like alcohol,  
they are generally not  
recommended as alternatives for  
persons dependent on alcohol who  
are trying to remain abstinent

## **MOCKTAIL RECIPIES**

(Alcohol Free Cocktails)

### **Peach Daiquiri:**

14oz peaches – drain & keep juice  
1 tb lemon juice  
6 ice cubes  
1/3 cup milk  
1/2 cup peach juice  
1/2 ts rum flavouring

Put everything in a blender & blend until the ice is gone. Serve immediately. If preferred, use strawberries instead of peaches. Add sugar to taste.

### **Pink Lady:**

1 1/2 cups milk  
2 tb lemon juice  
1 tb grenadine  
1 tb sugar  
6 ice cubes.  
Put everything in a blender & blend until ice is gone. Serve immediately.

### **Sangria:**

2 x 24oz bottles of chilled grape juice- purple, red or white. (eg shloer)  
1 litre club soda, chilled  
1/2 small pineapple, cut bite size  
1 large orange, sliced  
1 tray ice cubes  
Combine juice and soda. Add fruit and ice cubes.

### **Christmas Cranberry punch:**

4 cups cranberry juice  
2 cups orange juice  
12 oz 7-up  
whole cranberries

Mix juices together in a punch bowl. Pour 7 up down the inside of the bowl (to avoid fizzing)  
Float whole cranberries on the top to decorate.

### **Traditional Punch**

4cups cold tea  
4 cups orange juice  
Juice of 4 lemons  
4 thinly sliced oranges  
2 cups sugar  
12 cups ginger ale  
4 cups soda water or sparkling water  
Ice  
Fresh Mint

Combine tea, juices, orange slices & sugar. Stir until the sugar dissolves. Add ginger ale and soda just before serving. Garnish with fresh mint.

Substance Abuse Service, The Lodge, St. Vincent's Hospital,  
Fairview, Dublin 3. Tel: 8842401