



Made From Scratch Mocktails

There are many reasons to be alcohol-free, and a lot of health benefits, too! These mocktail recipes can help relieve the social pressure of drinking and allow anyone who chooses not to drink alcohol to feel comfortable and have the same experience.

Orange Moscow Mule Mocktail

Ingredients:

- 1 Cara Cara orange, *juice*
- 1 c. ice
- 6.8 oz light ginger beer
- Fresh mint leaves, *for garnish*

Instructions:

1. Slice the orange in quarters, then cut 2 to 3 slices for garnish and set aside. Juice the rest of the orange and place it in a copper mug (or any glass). Fill the glass with ice to the top. Add the ginger beer and garnish with orange slices and mint leaves.



Nutrition facts | Servings: 1

Per serving | Calories: 104 | Fat: 0 g | Saturated Fat: 0 g | Fiber: 3 g | Carbs: 27 g | Protein: 1 g | Sugar: 20.5 g

Tips for buying and storing oranges:

- Choose citrus fruit that smells fresh and feels heavy for its size. That's a sure sign it's going to be juicy!
- Keep your citrus fresh longer (up to three weeks) by storing it in the refrigerator at a temperature below 42°.
- Leftover or cut oranges should be refrigerated within 2 hours.

Non-Alcoholic Sangria

Ingredients:

- Fresh lemon slices
- Fresh lime slices
- Fresh orange slices
- Cranberries
- 2 c. cranberry juice
- 2 c. grape juice
- 1 c. orange juice
- 1/2 c. lemon juice
- 4 c. sparkling mineral water or lemon-lime soda

Instructions:

1. In a large pitcher, add the lemon slices, lime slices, orange slices, and cranberries. Add cranberry juice, grape juice, orange juice, and lemon juice. Stir well.
2. Refrigerate until ready to use.
3. Just before serving, add sparkling mineral water or lemon-lime soda. Mix well.



Nutrition facts | Servings: 6-8

Per serving | Calories: 311 | Fat: 0 g | Saturated Fat: 0 g | Fiber: 0 g | Sugar: 69 g | Protein: 1 g | Sodium: 53 mg

Tip: The lemon-lime soda will make this a sweeter drink, whereas the sparkling mineral water will be less sweet.

Looking for great-tasting, beverages? WebMD's recipes make it easy to meet your nutritional needs with step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips..

Watermelon 'Nojitos'

Ingredients:

- 1/2 c. caster sugar
- Medium watermelon, *peeled and chopped*
- 2 limes, *sliced*
- 2 c. chilled soda water
- 1/3 c. lime juice
- 1 small bunch fresh mint, *sprigs picked*
- 1 tbsp caster sugar, *extra*
- 2 tsp finely grated lime rind
- Ice cubes, *to serve*



Instructions:

1. Place sugar and 1 cup water in a small saucepan over medium heat. Cook, stirring, for 5 minutes or until sugar dissolves. Increase heat to high and bring to a boil. Boil, without stirring, for 5 minutes. Remove from heat and set aside to cool completely.
2. Place watermelon in a blender and blend until smooth.
3. Place lime slices in a large jug and slightly crush the lime to release juice. Add watermelon, soda water, lime juice, and cooled sugar syrup. Stir to combine. Add mint.
4. Combine extra sugar and lime rind on a small plate. Place 1/4 cup water in a separate bowl. Dip the rim of the serving glasses into water, then in the sugar mixture. Divide ice among glasses. Add watermelon mixture. Serve immediately.

Nutrition facts | Servings: 8

Per serving | Calories: 107 | Fat: 0.3 g | Saturated Fat: 0 g | Fiber: 1.5 g | Carbs: 26 g | Protein: 1 g | Sodium: 12 mg

Virgin Bloody Mary

Ingredients:

- 2 c. tomato juice, *low sodium*
- 1/4 c. dill pickle juice **OR** olive brine
- 2 tbsp. lemon juice, *fresh*
- 1 tbsp. horseradish
- 1 tsp. hot sauce
- 1 tsp. Worcestershire sauce
- 1/4 tsp. celery seeds
- 1/8 tsp. cayenne pepper
- 4 small celery heart stalks with leaves, *for serving*
- 4 lemon wedges, *for garnish*
- 12 large olives, *optional*



Instructions:

1. Combine tomato juice, pickle juice, lemon juice, horseradish, hot sauce, Worcestershire sauce, celery seeds, and cayenne in a large pitcher.
2. To serve, pour about 2/3 cup into 4 ice-filled glasses. Garnish each with a celery stalk, olives, and a lemon wedge.

Nutrition facts | Servings: 4 | Serving Size: 2/3 cup

Per serving | Calories: 33 | Fat: 0.5 g | Fiber: 1.5 g | Carbs: 7 g | Sugar: 4.5 g | Protein: 1 g | Sodium: 295 mg

Did you know: This mocktail is highly nutritious! Tomato juice contains a wide variety of vitamins, minerals, and antioxidants, and it's rich in lycopene, a powerful antioxidant with many health benefits. When choosing tomato juice, make sure to read the labels. Some tomato juice can be high in sodium and may contain added sugars. Look for tomato juice that is low in sodium with no added fruit or sugar.