

Mocktail Recipes Drinkers and Non-Drinkers Will Love



If you have never heard of a mocktail, it is similar to a cocktail but made of all non-alcohol ingredients. This can have its advantages, as they can be made for anyone at any time of year without worrying about them driving home after they have had a few. They can contain whatever you want them to, as long as no alcohol is involved. Here are just a few examples to show you the way.



Mango Mule

Put 4 or 5 slices of cucumber in the bottom of a cocktail shaker and add 1 oz of honey syrup. Then put in 1.5 oz of mango puree, 1.5 oz of fresh lime juice and 1,5 oz of ginger beer. Add some ice and shake well for about 10 seconds.

This is a very refreshing drink with a slight spicy tang that most people will enjoy.



Lavender Lemonade

You will need three cups of water, 3 cups of coconut water, half a cup of light honey, half a cup of dried lavender and a cup of freshly squeezed lemon juice.

Gently bring the waters and honey to the boil. Crush the lavender in a mortar and pestle, or with a meat tenderizer

and add to the water, Remove from the heat. Cover it and out in the fridge for two hours. Strain through a fine sieve, and mix in the lemon juice. Pour over ice for a very unusual and delicious drink.

Coconut, Cucumber, Lime and Mint Cooler

For this recipe you need 4 cups of coconut water, 2 cucumbers very thinly sliced, half a cup of lime juice, a quarter of a cup of sugar and a quarter of a cup of chopped mint leaves.

Combine all the ingredients and leave to chill for a couple of hours. This drink will be wonderfully refreshing and cooling on a hot summers day.



Spicy Watermelon-Mint Agua Fresca

This is quite a sophisticated name for a very simple to make drink. You need 2 cups of cold water, 2 cups of watermelon, which has been chopped and seeded, 2 tablespoons of sugar, the juice of a lime and some roughly chopped ice.

Combine all the ingredients until they are a puree and then strain, forcing through most of the pulp. Chill in the fridge for an hour or so, and then enjoy this very tasty drink.

Ginger Peach Soda

Like most mocktails, this is very easy to make. You just get all the ingredients and mix them together. You will need 1 cup of sugar, 2 tablespoons of minced fresh ginger, 2 very ripe peaches, 2 liters of chilled seltzer and 16 fresh mint leaves for garnish. Combine the ingredients and heat gently until the sugar has all dissolved. Then cover and chill in the fridge for a couple of hours before pouring into glasses and adding the garnish of mint leaves.

You can make up your own recipes for mocktails, and come up with ideas that you will love. You should make a note of any you really enjoy so that you are able to make the same one again.