

*DrinkSense.ca*

mix it up with a  
**mocktail**



# DRINKSENSE

The Manitoba Liquor & Lotteries DrinkSense program aims to help consumers of alcohol in our province have low risk, positive experiences when choosing to drink. To help create these positive experiences, DrinkSense is excited to bring you a selection of 10 unique and highly flavourful handcrafted mocktails. For an even greater selection of mocktails that you can easily create at home, follow us on Instagram @drinksenseMB.

And remember, DrinkSense is so much more than just mocktails; check out DrinkSense.ca for a variety of great tips, tools and information applicable to all Manitobans.

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## WATERMELON MOJITO MOCKTAIL

### INGREDIENTS

- ½ small watermelon, cubed
- 4 mint leaves
- 1 oz lime juice, freshly squeezed
- 1 tbsp sugar
- Ice
- Soda water
- Lime and watermelon wedges, for garnish

### TO PREPARE

- Blend watermelon cubes for 30 seconds. Strain mixture into a bowl and discard the pulp.
- Muddle mint, lime juice and sugar in a tall glass.
- Add ice and 4 oz of watermelon juice, then stir.
- Top with soda water and garnish with lime and watermelon wedges.



## ROASTED PEACH LEMONADE

### INGREDIENTS

- 4 medium peaches, halved and pitted
- 1 tbsp sugar
- 2 cups lemonade
- Soda water
- Peach slices, for garnish

### TO PREPARE

- Preheat oven to 360 degrees.
- On a baking dish, place peaches skin side down and sprinkle with sugar. Bake for 25 minutes until skins are easy to pull off.
- Put skinned peaches in a blender and cover with lemonade. Blend until puréed. It should be a little frothy.
- In a pitcher, mix peach purée with the rest of the lemonade. Let cool.
- Top with soda water and and garnish with peach slices.



## PINEAPPLE JALAPENO MOCK-ARITA

### INGREDIENTS

- 2 tbsp kosher salt
- 1 tsp chili powder
- 1 jalapeno, sliced
- 1 oz lime juice, freshly squeezed
- Ice
- 1 cup pineapple juice
- Pineapple wedges, jalapeno and basil, for garnish

### TO PREPARE

- Combine kosher salt and chili powder on a plate. Rim glass with the mixture.
- In a cocktail shaker, muddle 1-2 slices of jalapeno (depending on spice preference) with lime juice.
- Fill half of the shaker with ice, add pineapple juice and shake well.
- Pour into rimmed glass and garnish with pineapple wedges, jalapeno slices and basil.



## CUCUMBER LIME REFRESHER

### INGREDIENTS

- Ice
- ½ mini cucumber, sliced
- ½ lime, juiced
- Soda water
- Lime wedge and mint, for garnish

### TO PREPARE

- Fill a glass with ice and cucumber slices, to taste.
- Squeeze fresh lime juice from half of a lime into glass.
- Top with soda water and garnish with a lime wedge and mint.



## BLUEBERRY GINGER FIZZ



### INGREDIENTS

- 1 ¼ cups fresh blueberries
- 1 tbsp grated ginger
- 1L water
- Ice
- Lemon-lime soda (or substitute for lemon-lime sparkling water for less sugar)
- Lemon slices, blueberries and thyme, for garnish

### TO PREPARE

- Combine blueberries, ginger and water in a large saucepan and bring to a boil.
- Reduce heat, mash the blueberries and let simmer for 10 – 15 minutes.
- Remove from heat and let the mixture sit at room temperature for 2 ½ hours then strain into a bowl.
- Fill half of a highball glass with the blueberry-ginger syrup and fill with ice.
- Top with lemon-lime soda and stir well.
- Garnish with fresh blueberries, thyme and lemon slices.



## SPRING & TONIC

### INGREDIENTS

- Fresh blackberries
- Ice
- 2 oz tonic water
- 1 oz cream of coconut\*
- .75 oz lime juice, freshly squeezed
- ¼ tsp rosewater (optional)

### TO PREPARE

- Muddle a few blackberries in a glass, top with ice.
- Add remaining ingredients to a cocktail shaker with ice. Shake for 5 seconds.
- Strain over ice, stir and top with ice and blackberries.

### \*CREAM OF COCONUT

- Combine 400ml coconut milk, 1 ¾ cups sugar and ½ tbsp salt in a small pot.
- Gently heat and stir until sugar is dissolved.
- Store in the fridge for up to a month.



**BERRY  
KISS  
MOCKTINI**

### INGREDIENTS

- 2-3 strawberries, halved
- 1 cup pomegranate juice
- Ice
- $\frac{3}{4}$  cup berry-flavoured soda water
- 2 strawberries cut into hearts, for garnish

### TO PREPARE

- In a cocktail shaker, muddle strawberries then add pomegranate juice and ice. Shake to combine.
- Strain the mixture over ice and top with soda water.
- Garnish with skewered strawberry hearts.



## SHAMROCK SIPPER

### INGREDIENTS

- Ice
- 2 oz blue fruit punch
- 2 oz pineapple juice
- 2 oz orange juice
- 2 oz lemon-lime soda
- Orange slice, for garnish

### TO PREPARE

- Fill glass with ice.
- Add juices and soda, stir to combine.
- Garnish with orange slice.



## PUMPKIN PUNCH



### INGREDIENTS

- Black sugar rim, optional
- Half an orange, sliced
- 4 oz peach mango juice
- Ice
- Orange soda

### TO PREPARE

- Rim glass with black sugar, if desired.
- In a cocktail shaker, muddle orange slices. Add peach mango juice and a handful of ice. Shake.
- Strain mixture into two glasses evenly over ice. Top with orange soda.



## INGREDIENTS

- Ice
- 3 oz lemon juice, freshly squeezed
- 2 shakes bitters
- 1 tsp sugar
- 8 oz tonic water
- Lemon peel, for garnish

## TO PREPARE

- Fill a cocktail shaker with ice and add lemon juice, bitters and sugar.
- Shake and strain into two champagne flutes.
- Top with tonic and garnish with a lemon peel.