

Zero Proof Sips for the Summer



Cutting back on alcohol doesn't have to mean cutting back on fun!

Try one of these mocktail recipes at your next social gathering

CCSMH
CANADIAN COALITION
FOR SENIORS'
MENTAL HEALTH



CCSMPA
LA COALITION CANADIENNE
POUR LA SANTÉ MENTALE
DES PERSONNES ÂGÉES



For more information,
visit ccsmh.ca

Cucumber Ginger Spritz



Ingredients

- 1 tbsp grated ginger
- 1 tbsp grated cucumber
- 1 tbsp lime juice
- 5-6 mint leaves
- 1/2 cup sparkling water
- 1/2 cup ginger beer

Method

- Muddle ginger, cucumber, mint, and lime juice in a bowl
- Strain the mixture in a glass
- Fill glass with ice and top with ginger beer and sparkling water
- Stir gently with a spoon
- Garnish with mint leaves and lime wheels and enjoy!



Ruby Red Sunset



Ingredients

- 1/2 cup grapefruit juice
- 1 tbsp lime juice
- 1 tbsp simple syrup or sweetener of your choice
- 1/2 cup sparkling water
- 2 springs of rosemary

Method

- Muddle a sprig of rosemary with simple syrup in a glass
- Fill the glass with ice
- Add grapefruit juice and lime juice and stir to combine
- Top with sparkling water
- Garnish with rosemary and a grapefruit slice and enjoy!



Sunshine Martini



Ingredients

1 cup unsweetened
iced tea

1/2 cup lemon
simple syrup

1 lemon slice

Lemon Simple Syrup

1 cup sugar

1 lemon juiced

Method

- For lemon simple syrup, boil sugar and 1 cup water, then simmer for 10 mins. Let cool then stir in lemon juice.
- Fill a cocktail shaker with a handful of ice
- Add tea and lemon simple syrup and shake vigorously
- Pour into a chilled martini glass with a sugared rim
- Garnish with a lemon slice and enjoy!



Watermelon Refresher



Ingredients

3/4 cup cubed watermelon
(seeds removed)

1 tbsp lime juice

1/2 cup sparkling water

4 mint leaves

2-3 lime slices

Method

- Blend cubed watermelon and lime juice in a blender until smooth
- Strain the watermelon and lime mixture and set aside
- Muddle mint leaves in your glass
- Fill cup with ice and pour watermelon juice until glass is half full
- Top with club soda and stir
- Garnish with watermelon slices, lime slices, and mint. Enjoy!



Nice Tea



Ingredients

1/2 cup brewed black tea

1 tbsp apple cider vinegar

1/3 cup ginger beer

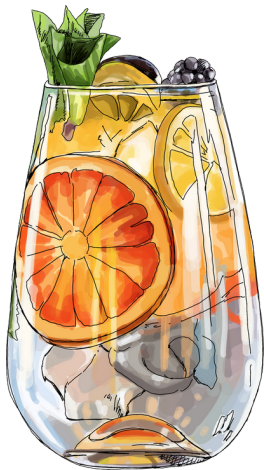
2 lemons

Method

- Brew black tea and steep for 4 minutes
- Add apple cider vinegar, ginger beer, and lemon juice to the tea
- Fill glass with ice and pour over tea mixture and stir
- Garnish with lemon slices and enjoy!



Summer Sangria



Ingredients

Orange slices, lemon slices,
and blackberries

1 tsp lime or lemon juice

1/4 cup fruit juice of your
choice

1/4 cup white grape juice

1/2 cup sparkling water

Method

- Combine all ingredients and gently stir
- Fill glass with ice and pour over sangria mixture
- Garnish with fruit and enjoy!

