



## SUMMER MOCKTAILS

Going alcohol free this Summer? Why not try one of these delicious mocktails.



### Ingredients

- 1cm thick slice of cucumber
- 1 sprig of mint
- A few frozen berries
- Lemonade
- Ice

### Method

- Chop the cucumber and mint into small pieces
- Bring 200ml water to boil in a small pan and add the mint and cucumber. Turn off the heat and leave for 2 minutes
- Add the frozen berries, let them defrost and crush into the water with the back of a spoon
- Strain the mixture and leave in the fridge for up to 24 hours
- Pour 40ml of your strained mixture into a glass. Add ice and top up with lemonade
- Garnish with more fruit and mint, stir and then serve



### Ingredients

- 1 mango, peeled and chopped
- 100gm granulated sugar
- 4tsp green tea leaves
- A small bunch of fresh mint
- 1 lime, sliced
- Ice

### Method

- Put half the mango in a saucepan with the sugar and 100ml water. Cook for 8-10 mins then strain through a sieve and leave to cool
- Put 500ml boiling water into a jug and add the green tea leaves. Leave to steep for 5 mins, then strain into another jug
- Add 300ml cold water. Leave to cool in the fridge
- Once chilled, add the strained mango syrup along with the rest of the chopped mango, fresh mint and lime slices
- Fill the jug with ice, stir and then serve



For helpful tips and advice to go alcohol free during pregnancy, or to support a loved one, find out more at [drymester.org.uk/he](https://drymester.org.uk/he)