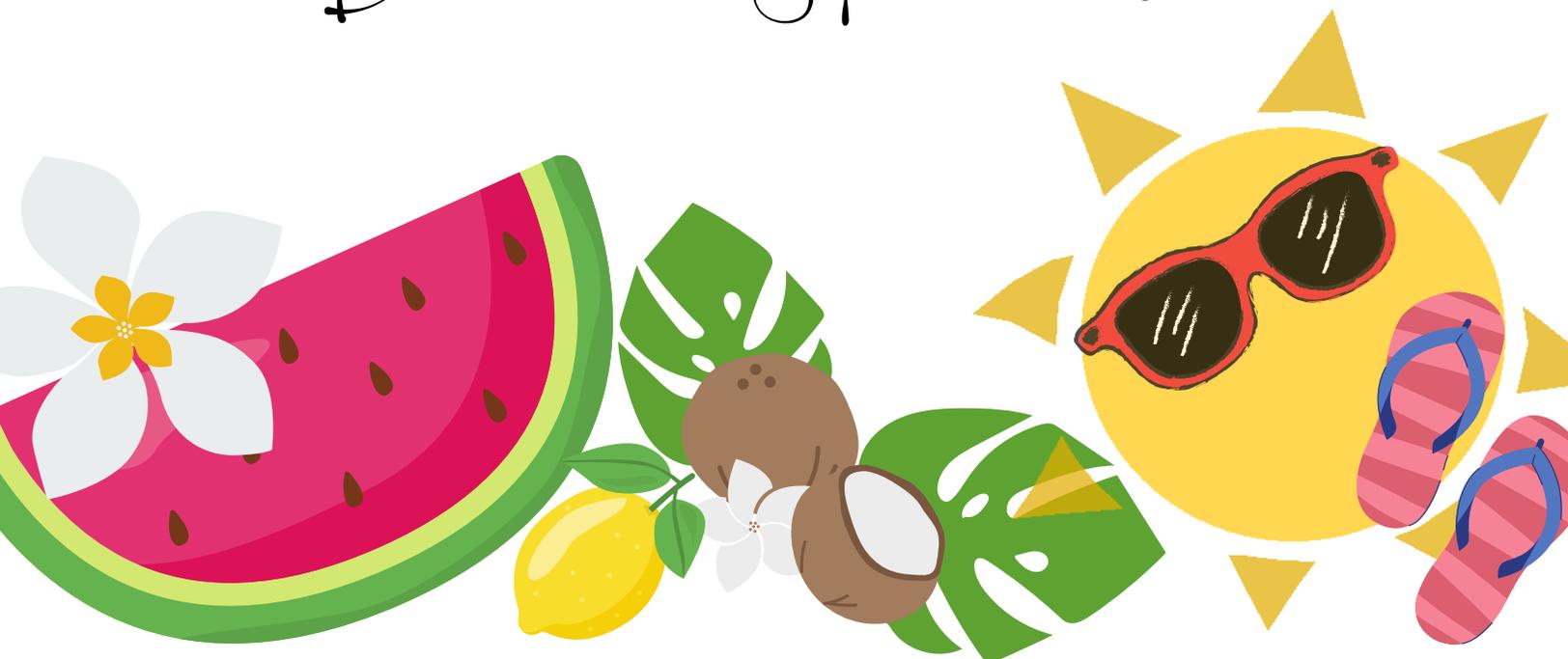


#JustCall
Suffolk County
Partners in Prevention

Alcohol - Free
Summer
Drink Specials





Suffolk County Partners In Prevention has put together this book of their favorite Alcohol-Free Summer Drink Specials in collaboration with the #JustCall Social Host Campaign to provide you, your family, and friends with healthier and safe options to serve this summer!

Thank you to our collaborating partners:

WellLife Network

Tobacco Action Coalition of Long Island

Eastern Suffolk BOCES

Hope For Youth

Youth Enrichment Services

Horizons Counseling & Education Center

Long Island Prevention Resource Center



ROASTED PEACH & STRAWBERRY FIZZ

- Ingredients:
- 3 PEACHES
 - 600 G STRAWBERRIES
 - 1 1/2 CUP APPLE JUICE
 - 1 1/2 SPARKLING WATER
 - ABUNDANCE OF CRUSHED ICE

- Instructions:
1. PREHEAT THE OVEN TO 175 °C.
 2. CUT PEACHES IN HALF AND REMOVE THE PIT. CUT STRAWBERRIES IN HALF. PLACE THE FRUIT ON A BAKING TRAY LINED WITH BAKING PAPER AND ROAST FOR 25 MINUTES.
 3. TAKE THE TRAY OUT AND LEAVE TO COOL FOR 10 MINUTES OR MORE.
 4. REMOVE THE SKINS FROM PEACHES AND BLEND THE FLESH TOGETHER WITH APPLE JUICE IN A BLENDER TO GET A SMOOTH PUREÉ.
 5. BLEND THE STRAWBERRIES SEPARATELY.
 6. DIVIDE THE STRAWBERRY PUREÉ INTO 6 GLASSES AND ADD ICE. POUR THE PEACH AND APPLE JUICE MIXTURE OVER ICE AND ADD SPARKLING WATER.
 7. SERVE IMMEDIATELY.

WellLife Network



CRANBERRY - LIME MOCKTAIL

- Ingredients:
- 2 CUPS FRESH OR FROZEN CRANBERRIES, PLUS MORE, FOR SERVING
 - 1 1/4 CUPS SUGAR
 - 3/4 CUP FROZEN LIMEADE CONCENTRATE
 - 1/2 CUP FRESH LIME JUICE, PLUS LIME SLICES, FOR SERVING
 - SELTZER, FOR SERVING

- Instructions:
1. COMBINE THE CRANBERRIES, SUGAR AND 1 CUP WATER IN A MEDIUM SAUCEPAN OVER HIGH HEAT. BRING TO A BOIL AND REDUCE TO A SIMMER. CAREFULLY SMASH THE CRANBERRIES WITH A POTATO MASHER, THEN SIMMER THE MIXTURE UNTIL SLIGHTLY REDUCED AND DARK RED, ABOUT 10 MINUTES. LET COOL FOR 10 MINUTES.
 2. STRAIN THE MIXTURE THROUGH A STRAINER INTO A HEATSAFE CONTAINER, PRESSING ON THE CRANBERRY SOLIDS TO EXTRACT ALL THE JUICE. LET COOL FOR 30 MINUTES.
 3. COMBINE THE CRANBERRY SYRUP WITH THE LIMEADE AND LIME JUICE IN A PITCHER AND STIR WELL.
 4. MIX EQUAL PARTS OF THE DRINK MIX AND SELTZER. SERVE OVER ICE WITH CRANBERRIES AND A LIME SLICE.

Tobacco Action Coalition of I



MINT & LIME NOJITO

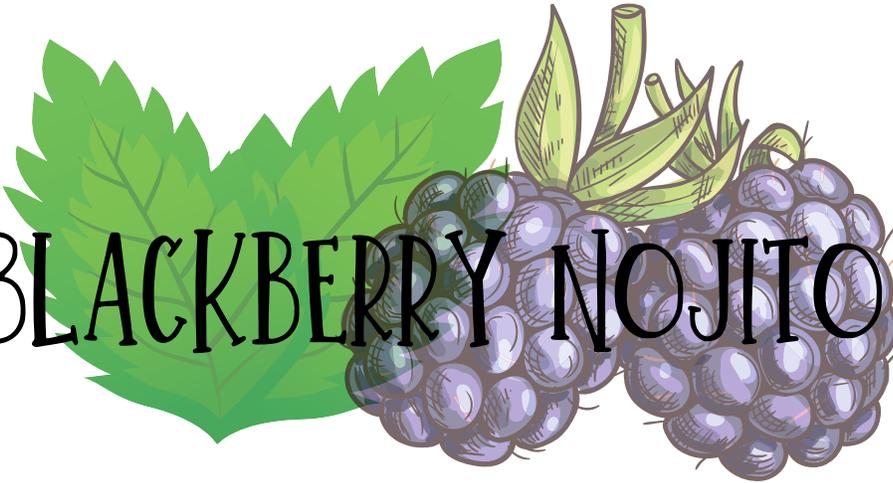
Ingredients:

- CRUSHED ICE
- 8 MINT LEAVES
- 3 OUNCES LIME JUICE
- 1.5 OUNCES SUGAR SYRUP, HONEY OR AGAVE
- 2 OUNCES CLUB SODA
- GARNISH WITH MINT

Instructions:

1. • FILL A PINT GLASS 1/3 FULL WITH ICE, THEN ADD MINT LEAVES.
2. • ADD THE LIME JUICE AND SUGAR CHOICE
3. • LIGHTLY MASH THE LEAVES TOGETHER WITH THE LIQUID USING A MUDDLE STICK OR WOODEN PESTLE, CAREFUL NOT TO TEAR THE LEAVES.
4. • FILL THE GLASS WITH MORE ICE, THEN ADD CLUB SODA.
5. • GARNISH WITH MINT, SERVE, AND ENJOY!

Eastern Suffolk BOCES



BLACKBERRY NOJITO

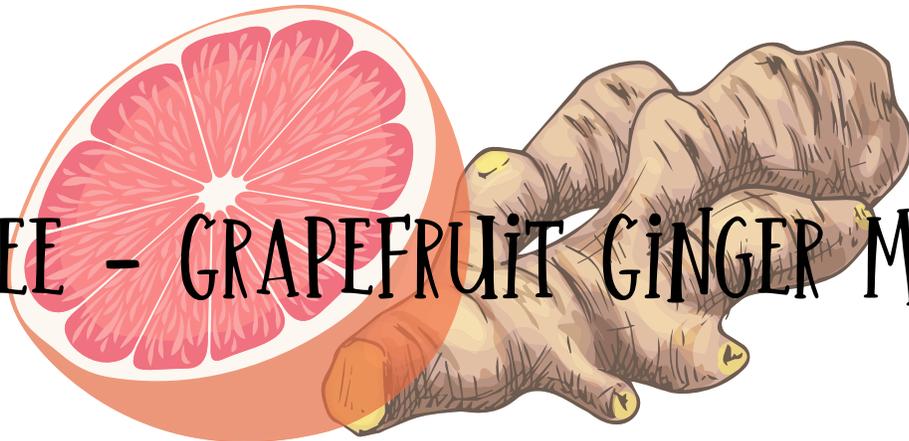
Ingredients:

- ½ OZ LIME JUICE
- 1-2 TBSP FROZEN PINK LEMONADE CONCENTRATE
- 4-6 FRESH BLACKBERRIES (CAN USE THAWED FROZEN BLACKBERRIES)
- 6-8 FRESH MINT LEAVES
- 2 OZ COCONUT WATER
- 3 OZ CLUB SODA (OR SODA OF CHOICE)
- ICE CUBES

Instructions:

1. PLACE THE LIME JUICE, FROZEN PINK LEMONADE CONCENTRATE, FRESH BLACKBERRIES AND FRESH MINT LEAVES INTO A GLASS.
2. CRUSH THE BLACKBERRIES AND GENTLY MUDDLE MINT LEAVES BY LIGHTLY PRESSING DOWN TO RELEASE THEIR FLAVOR.
3. ADD A FEW ICE CUBES TO THE GLASS THEN TOP WITH COCONUT WATER.
4. TOP WITH CLUB SODA OR LEMON SODA .
5. OPTIONAL TO GARNISH WITH EXTRA BLACKBERRIES OR MINT LEAVES.
6. SERVE AND ENJOY!

Hope For Youth



SUGAR FREE - GRAPEFRUIT GINGER MOCKTAIL

- Ingredients:
- 1 CUP PURE PINK GRAPEFRUIT JUICE CHILLED, NOT FROM CONCENTRATE
 - 1 CUP GINGER ALE CHILLED, SWEETENED WITH STEVIA
 - 1 TSP. ORGANIC GINGER JUICE
 - 2 SLICES FRESH GRAPEFRUIT OR CARA CARA ORANGE FOR GARNISH

Instructions:

1. ADD EQUAL PARTS OF GRAPEFRUIT JUICE AND GINGER ALE TO EACH CHILLED GLASS.
2. ADD A SPLASH OF ORGANIC GINGER JUICE.
3. GARNISH WITH A WEDGE OF GRAPEFRUIT OR ORANGE AND SERVE.

Youth Enrichment Services



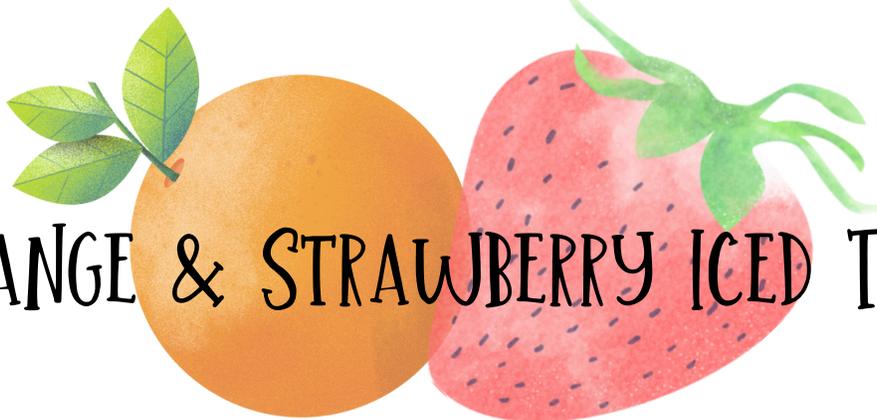
LEMON LIME & CUCUMBER WATER

Ingredients:

- LEMONS (SLICED)
- LIMES (SLICED)
- CUCUMBER (SLICED)

Instructions:

1. COMBINE ALL INGREDIENTS IN A PITCHER OF WATER AND ICE. STIR WELL AND ENJOY!



ORANGE & STRAWBERRY ICED TEA

Ingredients:

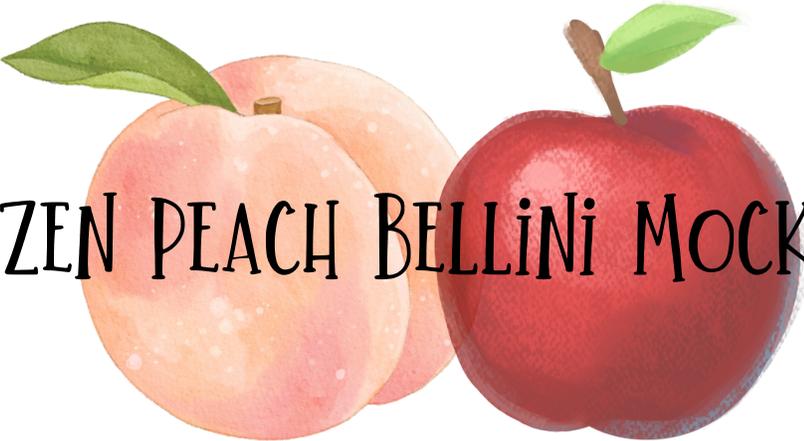
- 8 CUPS COLD WATER
- 16 TEASPOONS/TEA BAGS OF FLORAL OR FRUITY TEA**
- 2 CUPS STRAWBERRIES, SLICED
- 2 ORANGES, SLICED
- 1 CUP OF ANOTHER CHOPPED OR SLICED FRUIT OF CHOICE THAT PAIRS WITH YOUR TEA
- SWEETENER OF CHOICE TO TASTE
- FRESH MINT LEAVES
- FRUIT FOR GARNISH

Instructions:

1. COLD BREW YOUR TEA. IF USING LOOSE LEAF TEA PLACE IN STRAINER BALL OR DIRECTLY IN WATER, IF USING TEA BAGS STEEP AS IS. STEEP YOUR TEA IN THE COLD WATER FOR 6-10 HOURS IN THE REFRIGERATOR, THE LONGER YOU STEEP THE STRONGER IT'LL BE.
2. REMOVE TEA/STRAINERS/TEA BAGS AND DISCARD (OR RECYCLE LEAVES FOR USE IN YOUR GARDEN!).
3. WASH AND CUT YOUR FRUIT.
4. ADD YOUR FRUIT AND SWEETENER. MIX, PAYING SPECIAL ATTENTION TO MASHING SOME OF THE FRUIT AS YOU GO.
5. REFRIGERATE FOR ANOTHER 2-3 HOURS.
6. SERVE IN GLASSES, EACH WITH A SCOOP OF THE FRUIT. GARNISH FRESH MINT AND FRUIT ON RIM.

** STRONGER TEAS, LIKE BLACK TEA, MAY REQUIRE MORE SWEETENER DEPENDING ON YOUR TASTE OR YOU CAN HALVE THE AMOUNT OF TEA. FOR TEA SUGGESTIONS TRY: CLIPPER SHIP TEA COMPANY'S PASSION BERRY, TROPICAL PUNCH, LAVENDER LEMON, OR CALYPSO COOLER; TAZO PASSION TEA (HIBISCUS); BIGLOW GREEN TEA WITH LEMON.

Long Island Prevention Resource Center



FROZEN PEACH BELLINI MOCKTAIL

- Ingredients:
- 2 RIPE PEACHES, PEELED AND SLICED (OR YOU CAN USE FROZEN)
 - 1 CUP SPARKLING APPLE JUICE, PLUS MORE FOR SERVING
 - 2 TEASPOONS SPLENDA® SUGAR BLEND
 - 1 TEASPOON LIME JUICE

Instructions:

1. PLACE SLICED PEACHES IN THE FREEZER FOR 1 HOUR.
2. COMBINE PEACHES, 1 CUP SPARKLING APPLE JUICE, SPLENDA® SUGAR BLEND, AND LIME JUICE IN A BLENDER AND BLEND UNTIL SMOOTH.
3. POUR INTO 2 GLASSES AND ADD ABOUT 1/2 INCH OF ADDITIONAL SPARKLING APPLE JUICE.

HUGS