**Mocktails**
(a safe, sane, and sober guide to party giving)

Brought to you by the Alcohol, Tobacco, and Other Drugs Program

724-357-1265

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**IRISH COFFEE**

½ cup milk  
1 cup cold black coffee  
2 scoops vanilla or coffee ice cream  
whipped cream

*Blend together milk, coffee and ice cream in blender. Pour into serving mugs and top with whipped cream. For variation, heat mixture before adding whipped cream and serve hot. Serves 2*

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**PURPLE COW**  
(MOO Time!!)

1 cup milk  
2 scoops vanilla ice cream  
3 tablespoons grape juice concentrate

*Combine all ingredients in blender until creamy and smooth. Serves 2*

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**PINA COLADA**

1 cup milk  
½ cup ginger ale  
½ cup crushed pineapple  
½ teaspoon coconut flavoring  
5 ice cubes

*Place all ingredients in blender, blend until frothy. Serves 3*

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**Other alternatives to drinking alcohol**

Physical alternatives:
- Playing sports
- Dancing
- Horseback riding
- Swimming
- Hiking
- Skiing

Emotional alternatives:
- Volunteer
- Develop a talent (guitar, calligraphy)
- Discuss a problem with a CA, counselor or good friend
- Express negative feelings effectively through writing

Social alternatives:
- Start a club that is centered around one of your favorite activities.
- Play games (chess, Pictionary).
- Volunteer to support a community or societal cause that you care about.
- Join an existing organization or club.
- Keep your eyes open for advertised campus activities that don’t involve drinking or drug use, such as movies screenings, poetry readings, plays and concerts.
Let's have a party! Fresh Mocktails provide some nonalcoholic beverage ideas to munch on while sanely sipping. These Mocktails offer an alternative to, or a change-of-pace from, traditional alcoholic drinks.

**COCONUT CREEPER**
(Creep over to this!)

- 1 scoop crushed ice
- 2 oz. fresh squeezed orange juice
- 1 oz. pineapple juice
- 1 oz. coconut cream –or PINA COLADA MIX
- 1 oz. cream or half & half

*Combine in blender: blend until smooth: serve in 9 oz. glass

**GARNISH WITH PINEAPPLE & CHERRY**

**STRAWBERRY DAIQUIRI**

- 2 cups milk
- 2 cups frozen strawberries, lightly thawed
- 1 teaspoon fine granulated sugar or sweetener
- 5 ice cubes

Combine all ingredients in blender until frothy. Serves 3.

**PARTY PUNCH COOLER**
(Punch out the Alcohol)

- 1 quart milk
- 1 quart sherbet, any flavor
- 1 quart vanilla ice cream
- 3 cups pineapple juice
- 2 cups orange juice
- 3 teaspoons lemon juice

*Soften ice cream and sherbet. Combine all ingredients in a large punch bowl; serve immediately. An ice ring made of equal parts of pineapple juice, orange juice, and water may be used if desired. Flavor of sherbet determines punch color.

**GRASSHOPPER**
(Don’t let it hop away!)

- 2 cups milk
- 3 scoops vanilla or mint choc. chip ice cream
- ½ teaspoon peppermint extract
- 2 drops green food coloring
- Whipped cream.

*Combine milk, ice cream, peppermint & food coloring in blender until smooth. Pour into serving glasses & top with a dollop of whipped cream. Serves 2.

**HOUDINI COCKTAIL**
(The alcohol has escaped!)

- ½ pint strawberry ice cream
- 4 tsp. grenadine syrup
- 2 whole strawberries

*Beat ice cream and milk until foamy-thick in blender. (Pour 2 tsp. grenadine syrup from spoon down inside glass.) Garnish with berries.

**FUZZY NAVAL**

- 1 cup milk
- 1 cup orange juice
- ½ cup sliced peaches
- 2 scoops vanilla or peach ice cream

*Combine in blender until smooth & creamy. Serves 2