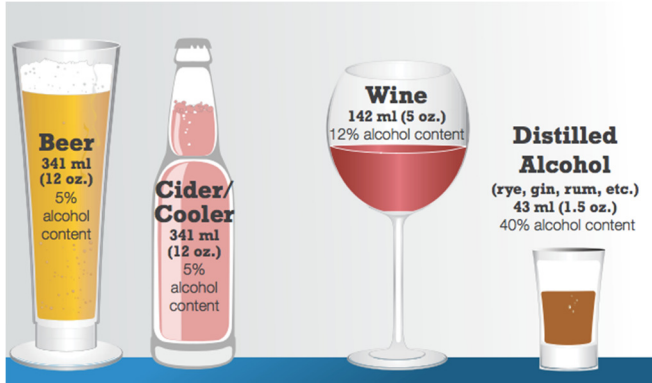


Holiday Drinks

It is easy to drink more alcohol than we normally do due to the festive spirit of the holidays. **Don't drink and drive!** We have some delicious non-alcoholic drinks you can make for you and your family and friends!

What does "a drink" mean?



(www.camh.ca)

If you do drink, here are some things to keep in mind:

- ✓ Plan for a safe drive home. Know your limit.
- ✓ Eat before and while you are drinking.
- ✓ Ensure you hydrate yourself with a glass of water after each drink.
- ✓ According to the CCSA, no more than 3 drinks for women and 4 drinks for men on a single occasion is recommended although individuals will vary.
- ✓ Visit www.ccsa.ca for more information and access to Addictions Treatment helplines.

(Canadian Centre on Substance Abuse, 2013)

Watermeloninis (non-alcoholic)

Serves 2

Ingredients:

- 1 cup cubed seedless watermelon
- 1/3 cup lemon-lime flavor coconut water
- 1 lime, halved
- 2 small watermelon wedges



Directions:

Place the 1 cup watermelon in a blender and blend until liquefied. Fill a cocktail shaker with ice, pureed watermelon, coconut water, and juice from the lime. Shake the cocktail and strain into two glasses.

Do **not** drink when you are:

- Driving
- Pregnant
- Using machinery or tools
- Taking medicine or any other drugs
- Making important decisions

Skinny Peppermint Mocha

Serves 1

Ingredients:

- 2/3 cup coffee
- 1/3 skim milk
- 2 drops of peppermint extract
- 1 tsp of dark chocolate [to taste]
- optional: whipped cream and crushed mints

Directions:

Brew coffee and pour into mug. Stir in milk, peppermint extract, chocolate. Optional: top with whipped cream and crushed mints.



Cranberry Lime Spritzer (Non-alcoholic, no sugar added)

Serves 4

Ingredients:

- 2 cups natural cranberry juice, no sugar added
- 2 cups limes seltzer water
- 2 limes
- garnish: fresh cranberries, lime wedges



Directions:

Pour cranberry juice and seltzer water in a large pitcher. Squeeze juice of the two limes in the pitcher, add ice cubes, and garnish if you wish.