



Mocktails + Mastery

Non-alcoholic drink recipes with a sprinkle of related knowledge

Acknowledgements

Thank you to the various organisations, workers and individuals who have contributed to this work by providing their feedback, wisdom and guidance.

Thank you to the individuals, students and workers whose efforts contributed to the foundation of this resource in years past.

Special thanks to the individuals who believed in and walked alongside this resource from the beginning: it could not have been created without your support and insight.



Drug Education Network

www.den.org.au

www.everybodys.business

Content and Design by Zoe Kizimchuk

Drug Education Network Inc. 2017.

Head Office 1/222 Elizabeth St, Hobart, TAS, Australia 7000

Funded by the Crown through the THO-S

All images in this book are modified CC0 Public Domain stock images that do not require attribution.

The Drug Education Network logo is a Registered Trademark.



This work is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License.

To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/4.0/> or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

A purposeful introduction

This is a recipe book of non-alcoholic drinks: ‘mock cocktails’, or as they are more commonly known, ‘Mocktails’.

Mocktails + Mastery, however, is not your standard recipe book.

This is a book that intends to challenge Australian drinking culture. It intends to give permission to the people who choose not to drink to stand by their choices; it intends to offer a helping hand to the people who would like to change their drinking habits; and it intends to extend an invitation to the people who are happy with their drinking habits but who want to share enriched experiences with loved ones who don’t drink.

Drinking culture in Australia is known to be harmful to the health and wellbeing of the people within it, and this book is one little boat in a sea of many other interventions that are intent on trying to correct the issue.

This book views alcohol and drinking culture through an evolutionary biology lens, looking into why humans do the things they do and how they can reach the same goals of pleasure, relaxation and connection in safe and healthy ways. The book tries not to make any assumptions about the reader and gives practical knowledge alongside information and theory.

This book is delivered in three sections: The Mocktails, with drink recipes and information; The Handmade Ingredients, with recipes for syrups and other additions; The Details, with information about safe ingredients for people taking medications, cooking and measurement terms and types of drinkware. Finally, there is space in the back of the book for your own recipes.

Mocktails + Mastery is written to hand the wheel to the reader, to give them the knowledge they need to be the masters of their own lives... and to hand them something to drink while they’re at it.

Cheers!

Contents

The Mocktails	7	Frosty	28
<i>PUT OFF TODAY WHAT YOU CAN DO TOMORROW</i>	8	Grape Sparkler	29
Mint Dreams	9	<i>PARTY HARD, PARTY SAFE</i>	30
Wink Before You Drink	10	Spider Fritz	31
Blackberry Lavenderade.....	11	Fairy Floss Mocktail	31
Pina Mockolada	12	Incredible Infusions	32
Strawberry Mockolada.....	12	Coconilla Tea.....	33
<i>BELONGING</i>	13	<i>THE SCIENCE OF TASTE AND THE BRAIN</i>	34
Rhubarbeer	14	Cucumber Sparkle.....	35
Beachy Nights	15	Rosemary Sunset.....	36
Virgin Mary	16	Ginger Spritz	37
<i>ALCOHOL AND FEELING FINE</i>	17	Peachy Evening	38
Tommy Collins.....	18	Sodalicious	38
Shirley Temple.....	19	<i>CARING</i>	39
Roy Rogers	19	Watermelon Slush.....	40
Mock Mojito.....	20	Lavender Lush	41
<i>TAKE A SIP</i>	21	<i>ROLE MODELLING</i>	42
Raspberry Cooler	22	Chill Out	43
Fresh Julep	23	Sherbet Smash.....	44
<i>CHEERS TO THE BIG WIN!</i>	24	Mock Margarita	45
Pick Me Up	25	<i>REACHING FOR THAT NATURAL HIGH</i>	46
<i>A NEW BABY!</i>	26	<i>PERMISSION TO PLAY</i>	48
The Mapleberry	27	Felix Felicis.....	49

Lion's DEN	49	Medium Mulling Mix	71
Toasty Butterbeer	50	Major Mulling Mix.....	72
Frosty Butterbeer.....	51	House Grenadine	73
Polyjuice Potion	51	Coloured Sugar.....	74
<i>BEING A BOOZELESS SOCIAL BUTTERFLY</i>	52	DIY Drink Shaker	75
Mock Champagne	53	<i>The Details</i>	77
Savoury Sage	53	<i>SAFETY AND INGREDIENTS</i>	78
<i>THE DEVELOPING BRAIN</i>	54	<i>CHOOSING YOUR DRINKWARE</i>	79
Mock Mai Tai.....	55	<i>TYPES OF DRINKWARE</i>	80
Family Friendly Eggnog.....	56	<i>FANCYMAKING: THE DRINKWARE</i>	82
Seasonal Snowdrift	57	<i>FANCYMAKING: THE DRINKS</i>	83
<i>MIXING MEDICATIONS (...WITH ALCOHOL)</i>	58	<i>METHODS</i>	84
Basil Fizz	59	<i>MEASUREMENTS</i>	85
<i>HERE'S TO A HEALTHY PREGNANCY</i>	60	<i>SERVING GUIDES</i>	86
Caribbean Dreams	61	<i>REFERENCES</i>	88
Soft Sangria	62	<i>Your Recipes</i>	92
Virgin Cosmopolitan	63	_____	92
Mock Port.....	63	_____	93
<i>The Handmade Ingredients</i>	65	_____	94
Butterscotch Sauce.....	66	_____	95
Simple Syrup	67	_____	96
Flavoured Syrup.....	68	_____	97
Sour Mix	69	_____	98
Minor Mulling Mix	70	<i>FAVOURITE RECIPE LIST</i>	99





THE MOCKTAILS

Put off today what you can do tomorrow

The majority of people in the world will be curious about drugs in their lifetime. Human beings are naturally curious, and love to learn and experience new things.

Using drugs (including alcohol) can have a positive effect, making you feel good. If they didn't, people probably wouldn't use them! Someone might use a drug many times without any obvious problems, but any drug can be harmful. Some people might use a drug only once and experience accidents or problems.

Just like medicines, drugs should be used carefully if they are used at all. Like medicines, some drugs aren't safe to use below a certain age. Young bodies and brains, especially those under 25 years, are more vulnerable to damage and negative effects.

Young bodies are still growing and developing. It is harder for a young body to defend itself against problems that an adult body finds easy to fix. Growing is an important and complex process, and drugs can interrupt and change how it happens.

Many people will choose to use alcohol or other drugs in their lifetime. Some only experiment, and others will find their use enjoyable and keep doing it.

In either case, it's important to delay the use of alcohol and other drugs as long as possible.

Once someone is around 25 years old their body and brain have reached maturity. Mature bodies are better protected against harm.

Avoiding all drug use as long as possible gives the body the best chance to grow and develop the way it is meant to.

- ◇ **Even if a substance has a positive effect, it can still do harm to you and your body**
- ◇ **Most people will be curious about substances in their lifetime**
- ◇ **Just like medicines, sometimes substances aren't safe to use under a certain age**
- ◇ **Avoiding substances for as long as possible gives your body the best environment to develop**

Mint Dreams

Makes: ½ cup 1 Serve

Serving

155mL

Sugars

15.8g

Carbs

21.7g

This creamy mocktail is a treat for people who love the combined flavours of chocolate and mint.

INGREDIENTS

Mint Choc-Chip Ice Cream 3 tbsp
Coconut Cream 1 ½ tbsp
Light Cream 1 ½ tbsp
Milk 1 ½ tbsp
Chocolate Syrup

TOOLS

Spoon
Mixing Jug or Bowl

Mint Leaves are the obvious garnish, but why not try a small piece of chocolate or a glazed cherry?

MAKE IT

1. Pour a small amount of chocolate syrup around the inside of a Martini glass.
2. In a Jug or Bowl, mix the Ice Cream, Coconut Cream, Light Cream and Milk together. Stir until smooth.
3. Pour into the Martini Glass and serve immediately.

Wink Before You Drink

Makes: 1 ½ cups 1 Serve

Serving

375mL

Sugars

33.4g

Carbs

33.7g

This delightfully soft textured mocktail is quick and easy to make and even easier to enjoy.

INGREDIENTS

Vanilla Ice Cream ½ cup

Orange Juice 1 cup

Blackcurrant Juice dash

Ice

TOOLS

Mixing Jug | Bowl

Mixing Spoon

MAKE IT

1. Partially melt the Ice Cream by leaving it at room temperature for a short while, or by putting some in a microwave-safe container and heating for a few seconds.
2. Pour the softened Ice Cream into a jug or bowl.
3. Gently pour in the Orange Juice and stir until well mixed.
4. Pour the mixture into a glass of your choosing.
5. To serve, add a single ice cube and gently pour Blackcurrant juice over the ice.

Blackberry Lavenderade

Makes: 2 litres 7 Serves

Serving



Sugars



Carbs



INGREDIENTS

Culinary Lavender ½ cup
Water 5 cups
Maple Syrup ⅓ cup
Lemon Juice 1 cup
Maple Sugar 1 ½ tbsp
Blackberries 1 punnet

TOOLS

Stove
Pot with Lid
Large Jug | Additional Pot
Strainer
Cooking Spoon

MAKE IT

1. In a pot, bring 5 cups of water to boil over high heat. When boiling, add the culinary lavender and reduce to a simmer (low / medium heat).
2. Partially cover the pot and leave the water and lavender mix to simmer for 15 minutes.
3. Using another pot or a jug, strain the water to remove the lavender. Use a spoon to press on the lavender in the strainer to collect as much lavender water as possible.
4. Dispose of the lavender and return the strained water to the original pot. Bring the water to a simmer over low to medium heat.
5. Add the maple syrup and stir until completely dissolved. Add the lemon juice and stir through the mixture. Taste, and add more maple syrup or lemon as desired.
6. To serve, place 1tsp sugar and 5-8 blackberries in a glass. Muddle together and top with the lavender lemonade mix to serve.

Adapted from Free People (<http://blog.freepeople.com/2012/08/summer-mocktails-blackberry-lavender-lemonade/>)

Pina Mockolada

Makes: Less than 1 cup 2 Serve

Serving

226mL

Sugars

16.6g

Carbs

25.8g

Coladas are frozen drinks that are typically very sweet and tasty. This is a classic pineapple-flavoured version of the well known alcoholic drink.

INGREDIENTS

Pineapple Juice $\frac{2}{3}$ cup
Cream of Coconut 3 tbsp
Ice 1 cup

TOOLS

Blender / Food Processor

MAKE IT

1. Pour all ingredients into a blender and mix thoroughly.
2. Serve immediately.

Strawberry Mockolada

Makes: More than 1 cup 1 Serve

Serving

282mL

Sugars

19.3g

Carbs

30.2g

This tasty variation adds the sweet taste and colour of strawberries.

INGREDIENTS

Pineapple Juice $\frac{2}{3}$ cup
Cream of Coconut 3 tbsp
Crushed Ice 1 cup
Strawberries about 8

TOOLS

Blender / Food Processor

MAKE IT

1. Pour all ingredients into a blender and mix thoroughly.
2. Serve immediately.

Belonging

You feel comfortable, like you can be yourself... and welcome, like the others would always be glad to see you.

This complicated feeling is called ‘belonging’, and it is when you feel connected to and included in a group of people. For humans, where we belong affects our sense of identity. Belonging with a group changes how we feel about ourselves.

For many people the first place they feel they belong is with their families, but this is never the only option. Sporting clubs, schools, workplaces, fandoms... it doesn’t matter where if you feel you belong there.

Belonging is one of many protective factors against alcohol and other drug misuse. This means that people who feel they belong with a group are more protected against negative outcomes from using alcohol and other drugs. Sometimes, people use alcohol and drugs to fit in with a group. You can avoid these things and still belong: there are many ways to fit in.

The places that people belong to can change over time. It’s normal to find yourself moving between groups as your life changes. It’s also healthy to move away from a group if your needs, desires, and values no longer match up.

There can be periods of time where you feel like you’re not part of any group. This can happen during times of great change, such as changing clubs or moving far away, or they may happen as people grow older and their lives change. These periods are normal, and there are always new groups to find and join. During these times, it is wise to take extra care when using drugs and alcohol.

Everybody can find a place to belong, even if it means starting a group themselves. Perhaps you could start with a mocktail mixing club...?

- ◇ **Belonging is when you feel connected to and part of a group of people**
- ◇ **Belonging is a protective factor against alcohol and other drug misuse**
- ◇ **It doesn’t matter where you belong, as long as you find somewhere safe**
- ◇ **Everyone can find a place to belong**

Rhubarbeer

Makes: 1 cup 1 Serve

Serving

250mL

Sugars

24.2g

Carbs

31g

Rhubarb is a slightly unconventional flavour for any drink, but this mocktail mixes unique colours and flavours with ginger and lime for a surprisingly delicious result!

INGREDIENTS

Rhubarb Syrup 2 tbsp
Lime Juice 1/2 fruit
Ginger Ale 1 cup
Ice

TOOLS

Drinking Straw | Swizzle Stick

Find how to make your own rhubarb and other flavoured syrups on Page 68!

MAKE IT

1. In a glass of your choice, pour Rhubarb Syrup into the bottom.
2. Squeeze the Lime Juice onto the syrup.
3. Place a generous amount of ice into the glass, on top of the syrup.
4. To serve, top with Ginger Ale and add a straw or swizzle stick.

Beachy Nights

Makes: 1 cup 1 Serve

Serving

245mL

Sugars

8.0g

A sweet, tangy and refreshing drink that would be perfect on a summer night at your favourite beach.

INGREDIENTS

Cranberry Juice 1/3 cup
Grapefruit Juice 1/3 cup
Peach Nectar 3 tbsp
Glazed Cherry 1 whole
Ice 1/4 cup

Add a tiny umbrella and some extra fruit garnishes for a proper beachy drink: try pineapple, mango, or orange wedges!

MAKE IT

1. Before preparing the mocktail, chill the glass or glasses in a freezer for about 7 minutes (or, wrap clean, wet paper towel around the glass and put in the freezer for 3 minutes).
2. Fill your chilled glass about one quarter (1/4) with ice.
3. Pour all ingredients into the glass and stir. Add a glazed cherry on the edge of the glass to decorate.
4. Serve immediately while chilled.

Virgin Mary

Makes: Less than 1 cup 1 Serve

Serving

212mL

Sugars

10.1g

Carbs

14g

Spicy, peppery, and not very sweet, this well known mocktail is a great brunch companion. The alcoholic version is commonly reported to cure hangovers, but unfortunately it is no more effective than a placebo!

INGREDIENTS

Tomato Juice ¾ cup
Tabasco Sauce 1 tsp
Worcestershire Sauce 1 tbsp
Salt pinch
Pepper pinch
Celery 1 stick

For a little extra zap, add a lemon wedge or a couple of thin lemon slices to the edge of the glass as an additional garnish.

MAKE IT

1. In a Highball glass, pour the Tomato Juice.
2. Add the Tabasco and Worcestershire Sauces and stir with the Celery stick.
3. Rest the Celery stick in the glass, and sprinkle salt and pepper on top to serve.

Alcohol and feeling fine

Drinking alcohol does a bunch of things to your body, and we find many of them desirable. We experience physical effects like a slower heart rate and relaxation, and mental effects such as feeling happy and confident. Drinking alcohol releases certain chemicals in the brain that feel like a reward, making you feel good when you drink and encouraging you to drink again.

How good you feel after drinking alcohol, however, might depend more on how you believe you will feel. Some studies suggest that how you expect to feel has a bigger impact than how much you actually drink. In experiments where a person thinks they are drinking alcohol, they begin to act and feel like they are drunk... even if they were given a drink without any alcohol at all. People who expected to have fun and feel good often felt that way, with or without alcohol. There are real changes happening in the brain, but the cause might not be the drink itself! There is even evidence that this placebo-like effect works even when you know about it.

You can enjoy the fun and feelings of alcohol without drinking a drop. But whether you choose to drink or not, you can influence how you feel and if you enjoy yourself:

- Tell yourself that you're going to have a great time
- Eat and drink some good tasting things
- Do activities you enjoy and find fun
- Make plans to stay safe and comfortable

Take some action and your brain will start mixing up the chemicals to fill in the rest!

- ◇ A large portion of alcohol's effects may be due to expectations
- ◇ If we expect something to happen, our brains can trick us into feeling like it did
- ◇ If drinking makes you feel confident, happy and outgoing, you can feel like that without drinking

Low
Sugar

Tommy Collins

Makes: 1 cup 1 Serve

Serving

200mL

Sugars

3g

Carbs

7.4g

The alcohol-filled big brother of this mocktail has existed since at least 1860, and may originally have had the name of John! This is a simple lemonade-like beverage with hints of other citrus fruits.

INGREDIENTS

Lemon Juice 3 tbsp
Simple Syrup 3 tbsp
Soda Water ½ cup
Orange Slice 1
Ice ½ cup

TOOLS

Long Spoon | Drinking Straw | Swizzle Stick

Learn how to make Simple Syrup on page 67.

MAKE IT

1. Half fill a highball glass with Ice.
2. Pour in the Soda Water, Lemon and Simple Syrup and gently mix together using a Swizzle Stick, Spoon or Straw.
3. Garnish with an Orange Slice to serve.

Shirley Temple

Makes: More than 1 cup 1 Serve

Serving

367 mL

Sugars

46.4g

Carbs

55.8g

This sweet mocktail was invented sometime in the 1930s, named after a famous child actress. Shirley Temple herself was not a big fan of the drink, but people all over the world continue to enjoy this iconic beverage.

INGREDIENTS

Ginger Ale 1 ¼ cups
Grenadine 2 tbsp
Ice ½ cup
Lemon 1 wedge
Glazed Cherry 1

MAKE IT

1. Half fill a glass with Ice and add Grenadine. Gently top with Ginger Ale.
2. Squeeze juice from the Lemon wedge into the drink, and garnish with a glazed cherry to serve.

Adapted from Good Evening World (<http://www.goodeveningworld.com/mocktails-for-a-perfect-occasion/>)

Roy Rogers

Makes: 1 cup 1 Serve

Serving

250mL

Sugars

27g

Carbs

31.7g

A very simple mocktail named after a famous singer and cowboy actor from the 1950s.

INGREDIENTS

Cola 1 cup
Grenadine dash
Ice

MAKE IT

1. Half fill a glass of your choice with Ice.
2. Add Cola, and gently add a dash of Grenadine to taste.

Discover how to make your own grenadine on page 73!

Mock Mojito

Makes: 1 ½ cups 2 Serves

Serving

250mL

Sugars

15.5g

Carbs

26.1g

Mojitos are a minty, citrusy drink invented in Cuba. This non-alcoholic recipe brings the best flavours into a lovely hydrating drink.

INGREDIENTS

Lemon Juice 1 tbsp
Sugar 3 tsp
Crushed Mint ¼ cup
Soda Water ½ cup

TOOLS

Spoon

Add an extra, uncrushed mint leaf to the top of each drink!

MAKE IT

1. In a serving glass, add about 8 mint leaves, a tablespoon of lemon juice and a teaspoon of sugar.
2. Muddle the ingredients in the glass. (With your spoon, stir to crush and bruise the mint leaves.)
3. Gently top with soda water to serve.

Take a sip

Human bodies are made up of about 45% to 75% water. It's used for many things, like moving nutrients around and balancing body temperature. Considering it's such a huge part of our bodies, hydration is important. It's necessary to take in enough water to replace what you use and lose, and how much you need to drink is unique to you. Our bodies lose up to 2 litres of water every day, from general body functions and from things like sweating and using the toilet. Feeling thirsty is your body saying that you need to drink. Thirst means that you might be a little dehydrated.

Dehydration is when your body doesn't have enough water to do everything it needs to do. Mild dehydration can cause headaches, dry lips, mood changes, and make you feel tired and weak. Severe dehydration can be much more dangerous and may be caused by vomiting or diarrhoea. (If you think someone is dangerously dehydrated, give them clean water to sip on and take them to the doctor immediately.)

Older people have less water in their bodies, and may not feel thirsty even when they need to drink. It's important for older people to drink small amounts regularly. Some medicines, and substances such as alcohol and caffeine, can cause your body to lose water faster. If this happens, it's important to increase your water intake. It can help to drink a glass of water between every drink of alcohol or caffeine.

Drinking isn't always easy, especially if you're feeling unwell. Drinks that are tasty, cool, and have a little salt may be easier to drink if you're not feeling well. Sports drinks and plain tasting mocktails can be helpful for people recovering from mild dehydration.

You can also purchase 'oral rehydration solutions', like Hydralyte, from your local pharmacy, or mix a simple one at home: 6 level teaspoons of sugar and a ½ level teaspoon of salt dissolved in 1 litre of water.

Learn about Oral Rehydration Solutions at: rehydrate.org/solutions/homemade.htm

- ◇ **Water is important for lots of bodily functions**
- ◇ **Dehydration is when your body does not have enough water**
- ◇ **How much water you need to drink is unique to you and your body**

Raspberry Cooler

Makes: More than 1 cup 1 Serve

Serving

325mL

Sugars

4.9g

Carbs

10.7g

Made with crushed raspberries, this is a drink with many complementary flavours that is best consumed while chilled.

INGREDIENTS

Pineapple Juice 1 ½ tbsp
Crushed Raspberries 1 ½ tbsp
Soda Water 1 cup
Lemon wedge 1
Lime wedge 1
Sugar
Ice Cubes

TOOLS

Drink Shaker

Try using coloured sugar or confectioner's glitter to rim the glass for an extra burst of colour.

MAKE IT

1. Inside the Drink Shaker, place a handful of ice cubes, the Crushed Raspberries, Pineapple Juice and the juice from the Lemon wedge.
2. Shake vigorously until well mixed.
3. With a Lime wedge, wet the rim of a Martini Glass and dip into sugar. Place the Lime wedge on the rim as garnish.
4. Strain the juice mixture into the glass and top with Soda Water.

Adapted from Parenting.Com (<http://www.parenting.com/article/non-alcoholic-mocktails>)

Fresh Julep

Makes: 2 litres 8 Serves

Serving

250mL

Sugars

65.1g

Carbs

65.3g

The word *Julep* is derived from the Persian word “*golab*”, meaning “*rosewater*”. *Juleps* are sweet drinks that may have once been used to encourage someone to take medicine.

INGREDIENTS

Mint Leaves 6 whole
Sugar 1½ cups
Cold Water 2 cups
Lemon-Lime Soda 4 cups
Ginger Ale 2 cups
Lime Juice 2 tbsp
Ice

TOOLS

Large Bowl
Jug

Leave the mint leaves inside the jug for a stronger mint flavour.

MAKE IT

1. Inside a large bowl, mix together the Water and Sugar until dissolved.
2. Add Mint Leaves to the sugar water mix and leave for 1 hour.
3. Half fill a large jug with Ice. Discard the Mint Leaves and pour the sugar water mix over the ice.
4. Add the Lemon-Lime Soda and Ginger Ale to the jug and drizzle Lime Juice on top.
5. Serve immediately while chilled.

Cheers to the big win!

Take a moment to think about sports.

A lot of things probably come to mind: Footballs, uniforms and teams; Getting up early for practice; Big games in giant stadiums; Finals celebrated with barbequed foods eaten around a giant TV; and, probably, things like a funny ad for a branded beer, a frothing dew-kissed glass, or pulling a can from a slab.

For better or worse, alcohol is a huge part of our sporting culture. While there's nothing wrong with enjoying a beer on a hot summer day while cheering for your favourite team, making a habit of always pairing alcohol and sport can lead to some problems.

Sporting is all about enjoying what the human body can do, and the thrill of friendly competition. It's natural to celebrate a big win or commiserate a pounding loss; and in both cases, it's common to reach for a glass.

Players who drink after a game can find themselves dealing with some risks. Alcohol mixed with physical activity can cause dehydration and other negative effects on performance and recovery. The effect alcohol has on balance and decision making can lead to accidents and injuries... neither of which are helpful for winning the next match, nor much fun for the spectators. Adults who are in the habit of drinking alcohol while watching a sport can, without meaning to, pass on the message to children that these things always go together. Children whose parents drink regularly are more likely to want to drink alcohol, and more likely to do so.

Finding ways to celebrate without drinking can be enjoyable, cheaper and safer. Alcohol-free celebrations also include everyone; especially young people, who should be able to enjoy every part of sport!

- ◇ **Sporting is all about enjoying what your body can do and friendly competition**
- ◇ **Alcohol after a sporting event can cause dehydration, accidents and injuries**
- ◇ **Celebrating sporting events without alcohol models healthy behaviours for kids**

Pick Me Up

Makes: 1 cup 1 Serve

Serving

250mL

Sugars

16g

Carbs

29g

A Berry, Basil and Lime mocktail that is sure to please even the most sophisticated of guests.

INGREDIENTS

Raspberry Juice ½ cup
Blueberry Juice 1 ½ tbsp
Lime Juice 3 tsp
Basil Leaves 3
Lemon-Lime Soda ¼ cup
Ice

TOOLS

Drink Shaker
Spoon

Try rimming the Martini glass with sugar for extra sweetness.

MAKE IT

1. In a drink shaker, place 2 Basil Leaves and the Lime Juice. Muddle together using a spoon.
2. Add a handful of ice cubes and the remaining Juices. Shake vigorously until well mixed.
3. Strain into a Martini Glass and top with Lemon-Lime Soda.
4. To Serve, garnish with the remaining Basil leaf.

Adapted from Chocolate and Carrots
(<http://chocolateandcarrots.com/2011/12/are-you-a-frost-bite-or-meet-me-at-the-mist-letoe>)

A new baby!

A baby is coming! Aside from weddings (and maybe your favourite team winning a big game), pregnancies can be the life event with the most celebrations attached. There are announcements, baby showers, naming days, and the celebration of the birth itself... not to mention all the 'firsts' and new birthdays!

In many cultures, celebrations include alcohol... and sometimes, lots of it! Champagne and other types of wine are often used to toast the person for whom the celebration is being held, and alcohol filled celebrations are common in movies and other media.

Celebrations around a pregnancy aren't always the best place for alcohol, however. For people who are pregnant or breastfeeding, not drinking until their baby is weaned is the safest option. This means that for many of these celebrations, the expectant parent is often left out when they should be feeling the most included.

Having these types of celebrations without alcohol means that everyone can be included: not just the pregnant parent to be, but family members who can't drink, and also young children (who might be more excited than anyone!).

There is something wonderful about having a special drink for a special occasion – after all, it's hard to make a traditional toast without a glass in your hand. That said, special drinks can easily be non-alcoholic: Mocktails to the rescue!

Why not try the Mock Champagne recipe on page 53 for a bubbly everyone can love, or take a peek at the Fancymaking ideas on page 82 to theme your drinks to your big event?

- ◇ **During pregnancy, there can be many celebrations**
- ◇ **Often, celebrations are marked by drinking alcohol**
- ◇ **People who are pregnant should not consume alcohol**
- ◇ **Celebrations without alcohol mean that everyone can be included**

The Mapleberry

Makes: 1 cup 1 Serve

Serving

250mL

Sugars

23.7g

Carbs

28.2g

An unusual mix of berries and maple syrup, this Autumn recipe originated from someone wanting to create the perfect mocktail for a friend's baby shower.

INGREDIENTS

Mint Leaves 10 whole
Lime Juice 1 tbsp
Maple Syrup 1 tbsp
Blueberry Juice Drink ½ cup
Soda Water ½ cup
Blueberries 2 tbsp

TOOLS

Spoon

Freeze the blueberries and add a few ice cubes for a delightful chill!

MAKE IT

1. Place 8 Mint Leaves in a glass and muddle well with a spoon.
2. Add the Lime Juice and Maple Syrup to the bottom of the glass and mix together well.
3. Pour in the Blueberry Juice Drink and Soda Water, and mix gently with a spoon.
4. Add a few fresh blueberries to the glass and serve.

Adapted from Healthy Recipe Ecstasy:
(<http://www.healthyreceptecstasy.com/blueberry-maple-mojito-mocktail-gender-reveal/>)

Frosty

Makes: 1 cup 1 Serve

Serving

250mL

Sugars

24.5g

Carbs

31g

A gorgeous mocktail that calls to that magical idea of a snowy holiday season, while being cold and refreshing enough for summery celebrations!

INGREDIENTS

White Grape Juice 3 tbsp
Pineapple Juice 1 ½ tbsp
Lime Juice 1 ½ tbsp
Lemon-Lime Soda 1/3 cup
Blueberries 1 ½ tbsp
Mint Leaves 3 to 5
Ice

TOOLS

Drink Shaker

Rim the glass with white or pale blue sanding sugar to add an extra frosty look!

MAKE IT

1. Fill a glass of your choice with ice.
2. In a drink shaker, place some ice cubes, the Blueberries, Mint Leaves, and all Juices. Shake vigorously until well mixed.
3. Strain juice mixture into glass and top with Lemon-Lime Soda.
4. To serve, add a few whole blueberries to the drink.

Inspired by The Little Kitchen

(<http://www.thelittlekitchen.net/sierra-mist-natural-holiday-drinks-frost-bite-mocktail>)

Grape Sparkler

Makes: 1.3 Litres 5 Serves

Serving

250mL

Sugars

26g

Carbs

28g

This is a dark coloured mocktail with a fruity, deep flavour. Add more Soda Water for a lighter, more refreshing taste.

INGREDIENTS

Grape Juice 3 cups
Lemon Juice 2 tbsp
Honey 2 tbsp
Soda Water 2 cups

TOOLS

Mixing Jug
Spoon | Whisk

Freeze some grapes the night before to use as ice cubes.

MAKE IT

1. About 10 minutes before starting, leave the Grape Juice, Lemon Juice and Honey to rest at room temperature. Chill the Soda Water in the refrigerator.
2. In a large jug, pour the room temperature Juices and Honey. Mix well to combine.
3. Add the chilled Soda water and gently stir through.
4. Pour into a glass of your choice to serve.

Party hard, party safe

Getting together with friends, family, acquaintances, and even complete strangers can be incredibly fun! But accidents happen, and they tend to happen more often when you have lots of people in one place.

Other factors also affect how likely accidents are. We can think of the brain as having two parts: the *cortex*, or the *big brain*, which is in control of decision making, thinking, planning, and caution. The *subcortex*, or the *little brain*, is in control of your body, instinct, and the ‘fight, flight or flee’ response when danger appears.

If someone is intoxicated, or feeling very strong emotions, the little brain can take over: it’s much harder to think rationally, make good decisions, and move with the usual accuracy and grace.

Whether your party has alcohol or not, good planning can make your gatherings safer, leaving more time and energy for enjoying yourself.

Removing potential obstacles and having a quiet place for rest can help if a guest’s little brain takes over.

Slowing down intoxication by providing plenty of food and alcohol alternatives like water and mocktails can make sure that everyone is partying with their big brain and having a good time.

The *Party Rules* booklet contains many extra tips and tricks for planning safe parties for young people. You can download or request a copy at www.den.org.au/resources.

- ◇ **Accidents can happen in any group gathering**
- ◇ **If people are intoxicated, accidents are more likely**
- ◇ **Serving mocktails between alcoholic drinks makes sure everyone is safe and hydrated**

Spider Fritz

Makes: 2 cups 2 Serves

Serving

250mL

Sugars

24.2g

Carbs

26g

A classic treat that is easy to customise: try different soda and ice cream flavours!

INGREDIENTS

Lemon-Lime Soda 1 cup
Vanilla Ice Cream 1 cup
Cola dash

TOOLS

Mixing Jug | Bowl
Mixing Spoon

MAKE IT

1. Partially melt the Ice Cream by placing some in a microwave-safe container and heating for a few seconds.
2. Pour in the Lemon-Lime Soda and stir together vigorously until the mixture is soft and frothy.
3. Pour into serving glasses and top with a dash of Cola.

Fairy Floss Mocktail

Makes: 1 cup 1 Serve

Serving

250mL

Sugars

26g

Carbs

28g

This is the perfect mocktail for children's parties, especially one that is magic or fairy themed. Let the kids watch as you pour the sparkling water to transform a common candy into a magical treat!

INGREDIENTS

Fairy Floss 1 cup
Sparkling Water 1 cup

Single flavours of Fairy Floss will produce the strongest colour!

MAKE IT

1. Fill a glass of your choosing loosely with Fairy Floss.
2. Gently pour Sparkling Water directly on top to serve.

Adapted from PocaCosa (<http://puertabella.blogspot.com.au/2012/08/cotton-candy-mocktails.html>)

Low
Sugar

Incredible Infusions

Makes: As much as you like!

Infusions are easy beverages with water as the main ingredient. You can eat the fruit or vegetables after you're done drinking, or top your bottle up for round two. While some nutrients and sugar from your ingredients will mix into the water, infusions are really about flavour and hydration.

INGREDIENTS

Water

Flavour Ingredient (try one of these!)

Cucumber

Melons

Berries

Fruits (Apples, Plums, Peaches, Apricots...)

Citrus Fruits (Orange, Lemon, Lime...)

Herbs (Mint, Basil, Parsley, Rosemary...)

Spices (Ginger, Cinnamon, Cloves...)

Flowers (Culinary Lavender, Rose Petals...)

Exotic Fruits (Dragonfruit, Feijoa...)

TOOLS

Vegetable Knife

Water Bottle | Sealed Jug

Some ingredients look best cut into chunks, while others look best in slices.

MAKE IT

1. Make sure your ingredients are thoroughly washed.
2. Cut the flesh from Melons, Coconuts and other ingredients that don't have a palatable skin. (Citrus fruits can be peeled, but for added zest leave the skins intact.)
3. Cut fruits into pieces small enough to fit into your bottle (or into pieces about as big as your thumb).
4. Some ingredients (like Mint, Basil, and Berries) should be gently crushed.
5. Once all your ingredients are prepared, simply fill your jug or water bottle with water. Place the ingredients inside, and leave in the fridge to infuse for at least 1 hour. For the best flavour, leave your infusion to steep overnight.

Coconilla Tea

Makes: 1.3 Litres 5 Serves

Serving

250mL

Sugars

10.4g

Carbs

17.9g

This sweet tea mocktail requires a little preparation, but the mixture of flavours make it all worthwhile.

INGREDIENTS

Hot Water 2 cups
Black Tea 4 bags
Chilled Water 3 cups
Coconut Syrup ¼ cup
Vanilla Syrup 3 tbsp
Water 1 cup
Sugar 1 cup
Vanilla Pod 1 Pod

TOOLS

Kettle
Spoon
Jug

More detailed Flavoured Syrup instructions can be found on page 68!

MAKE IT

1. To make a Vanilla Syrup, place Sugar, Water, and a Vanilla Pod into a pot and bring the mixture to the boil.
2. Stir mixture thoroughly to make sure the sugar is entirely dissolved, then remove from heat and place in a jar to cool. Remove Vanilla Pod once cool.
3. Brew tea by placing tea bags in boiling water and allowing to steep for 10 minutes. Remove tea bags.
4. Pour brewed tea, syrups and 3 cups of chilled water into a jug. Chill and serve.

Adapted from Kleinworth Co (<https://www.kleinworthco.com/vanilla-coconut-black-tea>)

The science of taste and the brain

Dopamine is a natural brain chemical. It has many jobs, but it is best known for being a very important part of the *reward system*: the system that makes you feel good when you're seeking something, or when you've achieved a goal. Although brain chemistry is very complicated, we can simplify it. Usually when dopamine levels are high you feel good. When they're too low, you feel bad. Our brains release dopamine to encourage us to do things again.

Many things increase the level of dopamine in your brain, including eating foods you find tasty. Foods that taste good to us are usually full of nutrients and energy, in the form of fat and carbohydrates. When food is scarce and we don't know where our next meal is coming from, our brains know to look for high energy foods: so that we can store the extra energy in case we can't find more.

This is why a cupcake or slice of pizza tastes so good: these foods are full to the brim with energy! Brains encouraging us to eat these foods helps to keep us alive when times are hard. Human brains evolved to seek these foods a long time ago, when food was hard to find. Many people can now obtain food easily, but our brains still want to seek rich foods, just in case.

People make food choices for many reasons. Keeping a balance of high and low energy foods is a good idea. It's important to avoid thinking that any food that tastes good (and so is high in energy) is bad for you. They're just not meant to be eaten every day.

According to the *hierarchy of food needs*, 'good tasting' food is more important than 'instrumental food' (which is food you eat because of the health effects). If you don't have enough food that tastes good to you, you'll be less able to make food decisions in a healthy way. Having access to tasty food is important to your health, so have one tasty something every day!

- ◇ Foods that taste good increase dopamine levels
- ◇ Our bodies evolved to like certain tastes because they give us energy to live
- ◇ Having access to good tasting things is important for health

Low
Sugar

Cucumber Sparkle

Makes: ½ cup 1 Serve

Serving

137mL

Sugars

2.7g

Carbs

8.2g

The perfect drink for a garden party, it is extremely refreshing with a delicate flavour.

INGREDIENTS

Cucumber ¼ fruit
Basil Leaves 4 leaves
Lemon Juice 1 fruit
Sparkling Water

TOOLS

(Optional) Blender
Spoon

MAKE IT... With no Blender

1. Cut the Cucumber into small pieces.
2. Place Cucumber, Basil Leaves and Lemon Juice in a tumbler. Muddle ingredients together using a spoon until the basil leaves are well bruised.
3. Top with Sparkling Water to taste.

MAKE IT... With a Blender

1. Cut the Cucumber into small pieces.
2. Place the Cucumber, Basil Leaves and Lemon Juice in a blender.
3. Blend until the ingredients are mixed well.
4. Pour into a glass and top with Sparkling Water to taste.

Rosemary Sunset

Makes: 1.5 Litres 6 Serves

Serving

250mL

Sugars

10.4g

Carbs

17.9g

This Grapefruit and Rosemary mocktail is a soft peach pink colour and can easily be made sweeter. Garnish with a fresh sprig of Rosemary to impress your guests!

INGREDIENTS

Rosemary Syrup 4 tbsp
Water 1 cup
Sugar 1 cup
Rosemary 3 sprigs
Grapefruit Juice 2 cups
Sparkling Water 4 cups

TOOLS

Stove
Pot
Jug
Spoon
Jar

More detailed Flavoured Syrup instructions can be found on Page 68.

MAKE IT

1. To make a Rosemary Syrup, place Sugar, Water, and Rosemary into a pot and bring the mixture to the boil.
2. Stir mixture thoroughly to make sure the sugar is entirely dissolved, then remove from heat and place in a jar to cool.
3. Pour Grapefruit Juice into a jug and add 4 tbsp of the Rosemary Syrup. Stir well.
4. To serve, add chilled Sparkling Water.

Adapted from The Casual Craftlete (<http://www.thecasualcraftlete.com/2015/04/28/grapefruit-and-rosemary-mocktail-2/>)

Low
Sugar

Ginger Spritz

Makes: 1 cup 1 Serve

Serving

250mL

Sugars

23.5g

Carbs

25g

This delicious mocktail combines the flavours of ginger, cola and lime to create a refreshing drink that can be soothing on the stomach.

INGREDIENTS

Soda Water 1 cup
Ginger Root 1 slice
Cola ¼ cup
Lime 1 slice
Starfruit (Carambola) 1 slice
Ice

TOOLS

Strainer

This drink is best paired with a dry, salty food for the best nausea-busting combination.

MAKE IT

1. Peel and cut a fresh slice of Ginger Root, approximately 3cm thick.
2. In a jar or bottle, marinate the Ginger and Soda Water for at least 3 hours.
3. Strain half the mixture into a glass with ice and top with some Cola.
4. To serve, add a slice of Lime and Starfruit to the rim of the glass.

Peachy Evening

Makes: 2 ½ cups 2 Serves

Serving

312mL

Sugars

16.2g

Carbs

36.2g

A simple, fruity mocktail that is quick to prepare and easy to enjoy. For those who enjoy less sweet drinks, it is easy to soften the flavour using a little water.

INGREDIENTS

Orange Juice 1 ½ cups
Peach Nectar 1 cup
Lemon 2 slices

Try adding some slices of peach to the edge or bottom of each glass.

Adapted from Good Evening World (<http://www.goodeveningworld.com/mocktails-for-a-perfect-occasion/>)

MAKE IT

1. In a glass of your choice, pour and gently mix the Orange Juice and Peach Nectar.
2. To serve, garnish each glass with a slice of lemon.

Sodalicious

Makes: 1 cup 1 Serve

Serving

250mL

Sugars

23.5g

Carbs

25g

A rich and bubbly citrus-flavoured drink with a hint of caramel after-taste!

INGREDIENTS

Lemon-Lime Soda ½ cup
Cola ½ cup
Orange Juice dash

TOOLS

Straw | Swizzle Stick

MAKE IT

1. Pour Lemon-Lime Soda and Cola into a glass of your choosing.
2. Mix together using a straw or swizzle stick.
3. To serve, add a dash of Orange Juice to taste.

Caring

Watching someone you care about go through a rough time can be really upsetting and difficult. It can feel like you'd rather go through the problem yourself instead of watching them struggle... and if you can't solve the problem, it can be hard to figure out how to help. But small gestures can make a big difference. There are lots of things you can do to make rough times easier on you and the people you love.

It's tempting to say, "Call me if you need anything", but when someone is dealing with problems, hearing that can feel overwhelming. They might know they need something, but not what it is... or they might not know what you mean by "anything"! It's easier to accept help when the uncertainty is removed.

When you're offering help, be specific. Only offer what you are able and want to do, and be clear about what you can and can't do. If you want to help with getting necessary things done, offer help with specific tasks, like offering to go buy groceries together. If you want to help your loved one relax and take care of themselves, offer to spend time with them to do that. Be realistic about how you can help, and make sure to take care of yourself too.

Having caring relationships is one of many *alcohol and other drug (AOD) protective factors*. This means that people who have them are more protected from negative outcomes if they happen to use alcohol or other drugs.

Even when you can't spare the time or energy to do something specific, it's always helpful to remind people that they are cared about.

You don't have to solve someone's problems to help them or show you care. It can be as easy as sending a cheerful 'good morning' text or making them a mocktail at the end of a long day. Sometimes, the mocktail means 'I love you'.

- ◇ **Offering to do things for and with that person is a great way to help**
- ◇ **Having caring relationships is a protective factor against a lot of things**
- ◇ **You can say 'I love you' with more than just words**

Watermelon Slush

Makes: 2+ cups 2 Serves

Serving

335mL

Sugars

32.2g

Carbs

43.5g

If you're seeking a match for summer bonfires and beach trips, look no further than this mocktail: Watermelon Slush is refreshing and sweet with a citrus bite.

INGREDIENTS

Watermelon 2 cups
Lime 2 wedges
Lime Juice to taste
Honey 2 tbsp
Soda Water
Ice

TOOLS

Blender

MAKE IT

1. Cut Watermelon into small chunks.
2. Blend together the Watermelon, Lime Juice and Honey until well combined.
3. Fill half a glass with the Watermelon mix and add a few ice cubes.
4. Top with Soda Water and garnish with a Lime wedge to serve.

Adapted from Lululemon (<http://static.lululemon.co.uk/community/blog/summer-mocktails/>)

Lavender Lush

Makes: 2 litres 7 Serves

Serving

250mL

Sugars

20g

Carbs

26.5g

A floral mocktail with a superfood punch, this is a Mocktail that would look right at home at a tea party or in a fairy garden.

INGREDIENTS

Blue Green Algae (Spirulina) .. 1 ½ tbsp
Culinary Lavender 2 ½ tbsp
Coconut Sugar ½ cup
Honey ¼ cup
Lemon Juice 1 wedge
Water 1 ½ litres
Ice

TOOLS

Stove
Pot
Strainer
Cooking Spoon

Garnish with a slice of lemon or a pretty Lavender flower!

MAKE IT

1. If using Spirulina, thaw beforehand.
2. In a pot, place 2 cups of Water, the Coconut Sugar, and Honey. Stir together and bring the mixture to a boil.
3. Once boiling, add Lavender and remove the mixture from heat. Leave the mixture to cool.
4. When the mixture is cool, add the Lemon Juice and remaining Water.
5. Half fill glasses with ice. Strain the mocktail mixture into the glasses. If desired, add Spirulina and stir through.

Adapted from Lululemon (<http://static.lululemon.co.uk/community/blog/summer-mocktails/>)

Role modelling

Babies and children are incredible learning machines. From the moment they pop into the world, they are constantly learning. Their brains are busy growing and developing to store and organise all of this important information.

Babies and children look to their parents as their guide to the world. They watch how their parent moves, how they sound and look, and will copy them to learn how to act and be.

Preparing to live in a social world, children learn a lot by watching, listening, and copying their parents. This means that if you say one thing and do another (like if you tell your child to put their dirty socks in the basket, but yours are always on the floor), the child might just copy what you're doing, even if they're trying really hard to do what you say.

Children pick up on behaviours and attitudes about everything, and alcohol and other drug use is no exception: children with parents who drink regularly are much more likely to drink themselves.

The best way to help children develop a healthy attitude and understanding is to model the behaviour you want them to have: Do what you want them to do!

If you model safe and responsible use of alcohol and other drugs, your children will grow up thinking, "This is just how it's always done", and are more likely to follow these behaviours into adulthood.

Some of the behaviours you might want to model could be:

- ◇ **Sticking to the Australian safe use of alcohol guidelines**
www.nhmrc.gov.au/health-topics/alcohol-guidelines
- ◇ **Celebrating some special occasions without alcohol**
- ◇ **Making plans to get home safely if you're going out to drink**
- ◇ **Having an alcohol free day at least once a week**
- ◇ **Enjoying some meals without an alcoholic drink**

Chill Out

Makes: 3 ½ Litres 13 Serves

Serving

250mL

Sugars

28.2g

Carbs

32.2g

Perfect for parties, this recipe makes over 3 litres of delicious mocktail that looks absolutely lovely in a champagne flute. The soda adds a touch of fizz that goes great with fireworks and all other kinds of celebrations.

INGREDIENTS

Simple Syrup (Optional) 1 ½ cup
Orange Juice ½ cup
Pineapple Juice 1 cup
Cranberry Juice 2 cups
Lemon-Lime Soda 2 litres

TOOLS

Mixing jug | Punch bowl

MAKE IT

1. In a large jug or punch bowl, stir all of the juices together.
2. To sweeten the drink and reduce tartness, optionally add 1 ½ cups of Simple Syrup to the juices and stir well.
3. Add the Lemon-Lime soda and very gently stir to mix. Serve cold.

For extra chill, freeze some grapes or other small berries and pop them in each glass (or into the punch bowl) as ice cubes.

Sherbet Smash

Makes: 1 cup 1 Serve

Serving

200mL

Sugars

27.4g

Carbs

34g

A very sweet mocktail that uses a lollipop as a stirring stick, this is a great dessert treat for parties and celebrations.

INGREDIENTS

Raspberry Sorbet 2 ½ tbsp
Orange Juice ½ cup
Ice 2 cubes
Lime wedge 1
Lollipop 1

TOOLS

Drink Shaker

Garnish with brightly coloured sugar on the rim of the martini glass!

MAKE IT

1. Place the Raspberry Sorbet, Ice cubes and Orange Juice into the drink shaker.
2. Shake vigorously until well mixed.
3. Place a Lollipop into the bottom of a Martini glass and pour the drink mixture into the glass.
4. Squeeze a wedge of lime over the top to serve.

Mock Margarita

Makes: Less than ½ cup 1 Serve

Serving

92mL

Sugars

7.6g

Carbs

9.8g

Mock Margaritas are lovely citrus drinks that are best served in the famous Margarita glass. Rim the glass with Salt for an extra delicious mix of flavours.

INGREDIENTS

Lime Juice 3 tsp
Orange Juice 2 tbsp
Vanilla Icecream 1/4 cup
Ice

TOOLS

Mixing Jug
Strainer
Spoon

Garnish your drink with a traditional slice of orange or lime.

MAKE IT

1. Place some ice in your mixing container
2. Add Ice Cream, Lime and Lemon juices to the mixing container
3. Stir or shake vigorously until all ingredients are combined
4. Strain into serving glasses

Reaching for that natural high

Feeling good has everything to do with your *happy chemicals*: natural chemicals used by the brain. There are many of these, but some of the most important ones are *dopamine*, *serotonin*, and *oxytocin*.

These chemicals are released in response to *stimuli*, or *particular events that the brain notices*. The amount released, and which part of the brain receives them, changes how you feel and behave. Your brain uses these chemicals to help you cope with outcomes and to encourage you... either to keep doing something healthy, or to stop doing something unhealthy. When you do something that is good for you, like eating an energy-rich food or spending time with a loved one, your brain wants to make sure you keep doing it: It releases some happy chemicals to reward you, and to make you want to do that thing again!

The pleasant feelings that come from using drugs happen because of two main reasons. The chemicals inside the drug can bind to the parts of your brain that absorb and use your regular happy chemicals. Or, the drug can trigger your brain into releasing happy chemicals without the normal cause.

Feelings from drug use can be much stronger and more intense than is usually felt without them. This can come at the cost of temporarily depleting your brain's supply of happy chemicals. Without the normal amount of happy chemicals, you can feel tired, sad, or angry after the high has gone away. Highs from happy chemicals without drug use don't usually have this effect, and those natural highs are important for your overall health. They could even help you recover faster from illness.

Use your happy chemicals by doing things you enjoy, eating good food, exercising and spending time with loved ones. Your brain and your body are completely connected: if you take care of one, you're taking care of both.

- ◇ **Good feelings come from natural chemicals inside the brain**
- ◇ **The same feelings from substances can be created in other ways**

Screwless Driver

Makes: Less than 1 cup 1 Serve

Serving

228mL

Sugars

20.3g

Carbs

24.1g

Refreshing and warming with a zesty zing, this golden mocktail is glorious the whole year round.

INGREDIENTS

- Ginger Ale 1/4 cup
- Orange Juice 2/3 cup
- Orange Slice
- Ice

TOOLS

- Swizzle Stick (optional)

MAKE IT

1. Pour orange juice into a glass.
2. Pour the ginger ale on top, and add some ice cubes.
3. Garnish with a slice of orange and serve with a swizzle stick.

Add a small amount of golden Confectioner's Shimmer Dust to add a magical golden swirl from the first stir!

Permission to play

You've seen your family pet run through the house at top speed for no reason. You've watched countless YouTube cats chase their tails until they fall over. Animals, whether they're babies or adults, love to play.

All kinds of animals have been seen to play when they're fully grown, even animals you'd least expect: some types of bird seem to slide down hills for fun, and crocodiles give adorable piggyback rides! Many humans play as adults, because we're animals, too.

While we don't really know why animals play, studies suggest that play is important for the brain. In some research, animals that had many chances to play were smarter than animals who couldn't play very often. We also know that playing makes animals happier.

When human people reach adulthood they sometimes begin to feel like they're not allowed to play. It might be seen as 'too childish', or that the only adult ways to have fun involve things that children aren't allowed to do. Not being allowed to play isn't good for other animals, and it isn't good for humans either.

Even if it seems like adults should be serious, there is nothing childish about playing. After all, we know that adults in other species play, so we should be no exception. It's important for our health to have fun and enjoy ourselves!

So even if you really do enjoy more 'grown up' activities, think about making some time to play. Go out and throw a ball, try a round of chess, chase an imaginary tail, bust out a board game with friends, and go play!

- ◇ All kinds of animals play, even when they are adults
- ◇ Studies suggest playing is important for your brain
- ◇ It's important to have fun whenever you can

Felix Felicis

Makes: 2 cups 2 Serves

Serving
218mL

Sugars
38.4g

Carbs
42.9g

A rare concoction from the world of Harry Potter, Felix Felicis is a golden potion that promises the drinker good luck. While this non-magical version can't make you lucky, it promises to be delicious!

INGREDIENTS

Lemonade 1 cup
White Grape Juice ½ cup
Lemon Juice ¼ cup
Ice

TOOLS

Drink Shaker

Add some confectioner's shimmer to each glass just before serving for an added swirl of magic!

MAKE IT

1. Place all the ingredients into a drink shaker with a few ice cubes. Shake well.
2. Serve in Martini glasses rimmed with gold coloured sugar.

Adapted from Rosanna Pasino (<http://rosannapansino.com/post/128861689047/cheers-to-liquid-luck-here-are-the-harry-potter>)

Lion's DEN

Makes: 1 cup 1 Serve

Serving
250mL

Sugars
24g

Carbs
24g

A delightfully rich coloured gold and burgundy drink that satisfies even the most ferocious thirst.

INGREDIENTS

Ginger Ale 1 cup
Blackcurrant Juice 1 tbsp
Ice

MAKE IT

1. In a Tumbler, place about half a cup of Ice (or according to preference).
2. Fill Tumbler with Ginger Ale.
3. To serve, top with Blackcurrant Juice.

Toasty Butterbeer

Makes: 2 cups 2 Serves

Serving

250mL

Sugars

50.5g

Carbs

50.7g

Straight from the world of Harry Potter, Butterbeer is a popular wizarding beverage that tastes a little like butterscotch. Butterbeer in the winter is served warm in glass mugs.

INGREDIENTS

Sweetened Condensed Milk ..2 tbsp

Butterscotch Sauce2 tbsp

Whipped Butter1 tbsp

Brown Cream Soda2 cups

TOOLS

Microwave

A homemade butterscotch sauce recipe can be found on Page 66!

MAKE IT

1. Mix together Condensed Milk, Butterscotch Sauce and Butter in a microwave safe container. Microwave for 1 minute.
2. Stir until the butter has melted into the mixture.
3. Heat the Cream Soda in a microwave safe container for 1 and a half minutes.
4. Divide the butterscotch mixture between two mugs and top with the heated cream soda.

Add a tiny puff of whipped cream to the top of each drink just before serving.

Adapted from Wizarding World Park (<http://wizardingworldpark.com/butterbeer-recipes/>)

Frosty Butterbeer

Makes: 2 litres 8 Serves

Butterbeer is popular with witches and wizards of all ages, all year round. When the weather is hot in the middle of summer, Butterbeer is served frosty cold in a bottle.

INGREDIENTS

Vanilla Ice cream 1 litre
Butterscotch Sauce ¼ cup
Brown Cream Soda 1 litre
Whipped Cream

TOOLS

Blender

Swirl a small amount of Butterscotch Sauce inside each glass before adding the Butterbeer. Use stein glasses for the best effect!

Serving
250mL

Sugars
28.7g

Carbs
30.5g

MAKE IT

1. Place the Ice Cream, Butterscotch Sauce, and Brown Cream Soda in a blender. Mix until well combined.
2. Serve in chilled glasses and top with whipped cream.

Adapted from Wizarding World Park (<http://wizardingworldpark.com/butterbeer-recipes/>)

Polyjuice Potion

Makes: More than 1 cup 1 Serve

A well known potion in the Harry Potter universe, Polyjuice allows you to look like someone else!

INGREDIENTS

Lime Juice 1 tbsp
Sprite 1/2 cup
V8 Healthy Greens Juice 1/2 cup

MAKE IT

1. Place all ingredients in a glass and stir well to combine. Serve immediately.

Use any green juice of your choosing; try using apple, celery, cucumber and kale!

Serving
260mL

Sugars
20.3g

Carbs
21.6g

Being a boozeless social butterfly

We all know the story: a person walks into a party worried and shy and, with the magic of alcohol, becomes a sparkling social butterfly. Most of the social effects of alcohol, like being confident and talkative, aren't actually caused by the alcohol itself: instead, those effects are mostly caused by the expectation that we'll feel that way.

Alcohol really does have an effect on people: *ethanol* (that's the other name for alcohol) has measurable effects on our bodies. But the positive feelings we look for from alcohol can be (and frequently are!) made by the brain, all by itself.

Because all emotions are made by chemical changes, and the brain regulates these changes all the time, we can influence how we feel... and help our brain create the feelings we want. So, how do we gently push our feelings in the right direction?

If you're feeling nervous, focussing on an activity helps direct your brain away from the thing worrying you. Dancing, singing, handing out snacks... whatever you feel comfortable with.

Just holding a glass in your hand could be a surprisingly big part of the comfort alcohol can bring. It gives you something to do with your hands, keeps your body language open, and matches the body language of other people. It could give your brain a cue that says "Party time! This is gonna be great!"

Holding a 'Power Pose' for two minutes is proven to help you feel confident. (Find a private spot to sit or stand, and pose like a superhero... or the CEO of a multibillion dollar company.)

Our brains keep a very close watch on body language – others, and our own. We can help ourselves feel a certain way by posing our body: the more open, relaxed and strong our body language is, the better we feel.

'Fake it until you make it' is cliché, but true. Act how you want to feel: your brain will follow your lead!

- ◆ **Most of the social effects from drinking come from us expecting this to happen**
- ◆ **You can make your brain create the same feelings**

Mock Champagne

Makes: 3 cups 3 Serves

Champagne is a carbonated alcoholic drink that became associated with royalty in the 17th century. This non-alcoholic version is excellent for celebrations for everyone!

Serving

250mL

Sugars
26.9g

Carbs
27.6g

INGREDIENTS

Ginger Ale 2 cups

White Grape Juice 1 cup

Raspberries

Adapted from OhSoDelicioso

(<http://ohsodelicioso.com/mock-champagne-for-your-new-years-toast-non-alcoholic/>)

MAKE IT

1. Before starting, chill the Ginger Ale in the fridge or freezer.
2. Gently mix the Ginger Ale and White Grape Juice together in a jug.
3. Serve with 2 Raspberries in a Champagne glass.

Low
Sugar

Savoury Sage

Makes: 1 cup 1 Serve

This simple mocktail is zingy and tart with a herbal hint, perfect for people without a sweet tooth.

Serving

250mL

Sugars
0g

Carbs
22.5g

INGREDIENTS

Grapefruit Juice 1 cup

Sage Leaves 4 whole

Salt

Ice

TOOLS

Drink Shaker

Adapted from MyVega (<https://myvega.com/recipes/grapefruit-sage-hydrating-mocktail/>)

MAKE IT

1. Carefully bruise the Sage leaves by gently crushing between fingers.
2. In a shaker or large cup, mix ice, sage and juice very well to combine.
3. To serve, rim drinking glass with salt.

The developing brain

The brain is one of the most important organs in our body. It controls how our bodies work, letting us move, speak, think, and act. It begins growing before we are born and continues to change as long as we live.

The brain doesn't grow and change all at once. Some parts finish growing when we are very young, while other parts take much longer. Studies suggest that our brains don't finish developing to maturity until we are around 25 years old. Even when the brain is mature, it continues to change as we experience life.

While developing, our brains are busy making huge changes to how they are arranged and how they work. There are many stages of development for each part of the brain. There are changes to things like the 'padding' around neurons to help them send signals, how many connections are active between brain areas, and which connections are stronger and most used.

People younger than 25 can seem very different to people who are older, and they can have difficulty with things that adults take for granted. This happens partially because a major part of the brain, called the *prefrontal cortex*, hasn't finished developing yet. The prefrontal cortex is found just behind the eyes and is important for many things, such as attention, planning, decision making, impulse control, and logical thinking. Until it is fully grown, a young person can't do these things as well as an older adult can.

While the brain is developing, it's doing many important things at once. It needs to be protected from things that might harm it, and encouraged to grow. This is why many guidelines recommend avoiding alcohol and other drugs as long as possible: these substances can interrupt the normal growing process.

Delaying alcohol uptake is one way to help a developing brain grow the way it should – replacing alcohol with mocktails is a great place to start.

- ◇ **Brain development is finished at around 25 years.**
- ◇ **Young people have trouble with some things because their brain hasn't finished growing yet.**

Mock Mai Tai

Makes: 1 litre 4 Serves

Serving

250mL

Sugars

27.5g

Carbs

27.5g

A Mai Tai is an alcoholic drink associated with stereotypical and stylised “Tiki” settings, originally inspired by Polynesian fine art. While spelled differently, it is similar to the Tahitian word for “Good”.

INGREDIENTS

Pineapple Juice 2 cups
Orange Juice 1 cup
Soda Water..... 1 cup
Coconut Cream ¼ cup
Ice 2 cups

TOOLS

Large Jug
Mixing Spoon

MAKE IT

1. Combine the Pineapple Juice, Orange Juice, Soda Water and Ice in a pitcher and stir until well mixed.
2. Gently pour in Coconut Cream and mix gently, swirling all ingredients lightly together.
3. Serve in a cocktail glass and garnish with a fresh slice of fruit.

Family Friendly Eggnog

Makes: 1 litre 4 Serves

Serving

250mL

Sugars

56g

Carbs

59g

A traditional drink usually enjoyed around Christmas, Eggnog originated from an early medieval British drink called Posset. While eggnog is typically alcoholic, this version is delicious and alcohol free.

INGREDIENTS

Milk	2 cups
Cloves	2 whole
Cinnamon	1/2 tsp
Sweetened Condensed Milk ..	1/4 cup
Egg Yolk	4 large
Sugar	1/2 cup
Heavy Whipping Cream	1 cup
Nutmeg	1 tsp
Vanilla Extract	1 tsp

TOOLS

Saucepan
Bowl
Whisk | Fork
Mixing Spoon
Strainer

MAKE IT

1. In a deep saucepan, combine Milk, Cloves and Cinnamon over low to medium heat until warm. Slowly bring the mixture to a low (not rolling) boil.
2. In a bowl, mix the Egg Yolks and Sugar until light and fluffy. Gently add 1 tbsp of hot milk mixture at a time, stirring well.
3. Return mixture to the saucepan at medium heat for 3 to 5 minutes, stirring frequently, until thickened.
4. Add the Cream, Nutmeg and Vanilla and warm over low heat: do not boil. Once warm, remove from heat and strain using a fine mesh to catch the spices.
5. Place in an airtight container and chill for at least one hour. Garnish with extra nutmeg if desired.

Adapted from A Sweet Pea Chef (<http://www.asweetpeachef.com/drinks/non-alcoholic-eggnog/>)

Seasonal Snowdrift

Makes: 4 Litres 16 Serves

Serving

250mL

Sugars

32.2g

Carbs

34.3g

This rich, creamy mocktail is a decadent treat for all ages. Choose bright sprinkles to really make this snowy white mocktail shine!

INGREDIENTS

Sugar ½ cup
Water ¼ cup
Evaporated Milk 6 tbsp
Almond Extract 1 tsp
Lemon-Lime Soda 2 litres
Vanilla Ice Cream 2 litres
Whipped Cream
Sprinkles

TOOLS

Microwave Safe Bowl
Microwave
Spoon
Large jug or Punch Bowl

MAKE IT

1. Inside a bowl, microwave the Water and Sugar until dissolved. Let cool.
2. Add the Evaporated Milk and Almond Extract to the Sugar Water mix and pour into the large jug or punch bowl.
3. Add the Ice Cream and break into small chunks using a spoon while mixing.
4. Slowly add the Lemon-Lime Soda and stir together gently.
5. To serve, spoon into serving glasses and top with whipped cream and sprinkles.

Mixing medications (...with alcohol)

Many, many people will need at least one medicine in their lifetime. It's important to know that medicines and alcohol can work against one another in the body. This can happen with over-the-counter medicine, a homeopathic remedy, or prescribed medication.

Less than one standard drink mixed with medicine can have a big effect. Drinking alcohol when you're taking a medicine could make that medicine less effective. It could also cause uncomfortable or dangerous symptoms.

If you're using a medicine, it's important to check if alcohol is safe to drink on the days that you take it. Even medicines that don't seem likely can mix badly with alcohol. Laxatives, herbal remedies and more can react with alcohol. Those reactions can cause symptoms such as headaches, confusion, and drowsiness.

If you're not sure if it is safe to drink while taking a medicine, a pharmacist can answer any questions. All prescribed medicines have an information leaflet that you can download or receive at a pharmacy.

You can check websites like NPS Medicinewise (www.nps.org.au) for medicine information and interactions with alcohol.

Whether you're using a medicine for a short or long time, replacing alcohol with a mocktail is safer. Having something tasty to drink can help you feel better if you're sick and can help lift your mood by releasing dopamine.

It's not all negative! Good tasting food and drink increase the level of *happy chemicals* in your brain. Take a look at page 34 for information about the science of taste.

You can also get some of the enjoyable effects of alcohol without drinking a thing. Look at page 46 to find out about natural highs.

- ◇ **If you are taking a medicine, it is important to check that it is safe to drink alcohol, and how much.**
- ◇ **Mocktails can be part of a solution**

Low
Sugar

Basil Fizz

Makes: 1 cup 1 Serve

Serving

200mL

Sugars

2.8g

Carbs

6.4g

Sometimes known as “The king of herbs”, basil is commonly used in cooking in many cultures. This delightfully green mocktail features a wide variety of flavours fit for a king.

INGREDIENTS

Coconut Water ½ cup
Kale Juice 1 ½ tbsp
Pineapple Juice 1 ½ tbsp
Basil Leaves 4 leaves
Soda Water dash

TOOLS

Spoon

MAKE IT

1. In a glass of your choosing pour the Coconut Water, Kale Juice, and Pineapple Juice.
2. Add 1 to 3 Basil Leaves to the glass and muddle using a spoon until the leaves are well bruised.
3. To serve, add a dash of Soda Water and garnish with a fresh Basil Leaf.

Here's to a healthy pregnancy

Pregnancy can be full of joy and excitement. Even if everyone is happy for a new baby to join the family, pregnancy itself can be a difficult experience.

Pregnant people have a lot going on inside their bodies; after all, they're busy helping a new human grow. This can leave them tired, sore, and with lots of strong emotions.

Families often become extra busy during a pregnancy: buying nappies and clothes, setting up changing tables and cots, trying to prepare for a big change to their lifestyle.

Part of adjusting to this new lifestyle, during pregnancy and after, might be changing drinking behaviour. Because unborn babies and young children are still developing, alcohol is dangerous to them. There isn't a safe level of alcohol consumption during pregnancy or while breastfeeding.

This means that a pregnant person might need to stop drinking for more than a year... which can be sad and frustrating, just like giving up any enjoyable activity.

With all these changes going on, and possibly having to give up some things that make the day nicer, pregnant people can use some extra support, love and care. Spending time with them and helping with everyday tasks can make a joyous but difficult time a little easier.

Sharing good food, good times (and good mocktails!) instead of sharing alcohol lends your favourite pregnant person something to lean on when things get a little annoying... and they help everyone feel loved and included.

- ◇ **Even if pregnancy is joyous, it can be difficult**
- ◇ **If the pregnant person enjoys drinking, it can be sad or frustrating to stop**
- ◇ **Sharing non-alcoholic drinks and good times can make it a little easier**

Caribbean Dreams

Makes: 2 ½ Litres 10 Serves

Serving

250mL

Sugars

8.7g

Carbs

14.2g

Enhance your daydreams of a cruise in the Caribbean with this tropical, fruity mocktail.

INGREDIENTS

Lemonade ½ cup
Pineapple Juice 2 cups
Coconut Cream 1 cup
Banana 1 whole
Ice 5 cups
Sparkling Water 1 cup

TOOLS

Blender (Ice Crushing)

Use tropical fruits as garnish - try using small cookie cutters on slices of fruit to make stars, hearts, and other fun shapes!

MAKE IT

1. Place the Banana, Pineapple Juice, Coconut Cream, Lemonade and Ice into a blender.
2. Blend until all ingredients are well combined and smooth.
3. Add in the Sparkling Water and blend lightly until mixed.
4. Serve immediately.

Adapted from I Heart Naptime (<http://www.iheartnaptime.net/caribbean-slush/>)

Soft Sangria

Makes: 1 litre 5 Serves

Serving

250mL

Sugars

51g

Carbs

66g

Sangria is a delicious infusion of fruit flavours and is often a rich red colour. It is thought that the word “Sangria” is as old as the 18th century, taken from the Spanish word “Sangre” for blood.

INGREDIENTS

White Grape Juice 1litre
Blueberries 1 cup
Orange Juice 1 cup
Lime Juice 1 tbsp
Chopped Lime 2 fruit
Chopped Orange 2 fruit
Chopped Banana 2 fruit
Chopped Peach 2 fruit

TOOLS

Chopping Board
Vegetable Knife
Blender
Large Jug

To release more blueberry flavour, slice into or gently crush the blueberries before adding to the final Sangria mix.

MAKE IT

1. Peel the Bananas but leave the skin on the other fruits. Cut the Limes, Oranges, Peaches and Bananas into small pieces.
2. In a blender, combine $\frac{1}{4}$ cup of Blueberries with all of the White Grape Juice.
3. Pour the juice into a jug and mix in the Orange and Lime juices.
4. Add all of the chopped fruits and the rest of the blueberries.
5. Refrigerate for at least 2 hours before serving.

Adapted from Simple Vegan Blog (<http://simpleveganblog.com/non-alcoholic-sangria/>)

Low
Sugar

Virgin Cosmopolitan

Makes: 1 cup 1 Serve

Serving

250mL

Sugars

3.75g

Carbs

11.5g

Nobody quite knows where the alcoholic Cosmopolitan came from, but this version is sure to delight.

INGREDIENTS

Cranberry Juice 3 tbsp
Lime Juice 3 tsp
Soda Water ½ cup
Orange Juice dash
Ice ½ cup

MAKE IT

1. Mix all ingredients in a pitcher with ice.
2. Strain into a glass and frost or garnish as desired.

Garnish with a slice of lemon or a pretty Lavender flower!

Adapted from Just a Pinch (<http://www.justapinch.com/recipes/drink/cocktail/sparkling-virgin-cosmo.html>)

Mock Port

Makes: More than ½ cup 1 Serve

Serving

155mL

Sugars

13.2g

Carbs

16.6g

A charming palate-cleansing companion to cheese platters, fruitcake and rich, dark fruits, this is a small dessert drink with a deep colour and flavour.

INGREDIENTS

Grape Juice ¼ cup
Apple Juice ¼ cup
Cranberry Juice 1 ½ tbsps

MAKE IT

1. Gently mix juices together and serve in a port glass.
2. Best served slightly chilled.





***THE HANDMADE
INGREDIENTS***

Butterscotch Sauce

Makes: 1 cup

Recipe

250mL

Sugars

125g

Carbs

129g

Butterscotch sauce is a type of dessert sauce made from dark sugar, butter and cream. It is similar to caramel, although it has a richer, buttery taste (as the name would suggest). The sauce is perfect for ice cream sundaes, but also works wonderfully for many kinds of drinks.

INGREDIENTS

Butter 4 tbsp
Dark Brown Sugar ½ cup
Salt 1 tsp
Heavy Whipping Cream ½ cup
Vanilla Extract 1 tsp

TOOLS

Hot Plate
Saucepan
Spatula
Airtight Container (1 cup or larger)

MAKE IT

1. Place the butter in a saucepan and melt it over medium heat.
2. Slowly add the brown sugar, salt, and heavy cream, stirring continuously.
3. Once the mixture is well blended, bring the mixture to a boil for 4 to 5 minutes, while scraping down the sides of the saucepan to make sure the mix heats up evenly.
4. Remove the mixture from the heat and stir in the vanilla extract.
5. Transfer the sauce to an airtight container to cool.

Adapted from Just a Taste (<http://www.justataste.com/easy-homemade-butterscotch-sauce-recipe/>)

Simple Syrup

Makes: 1 cup

Recipe

250mL

Sugars

250g

Carbs

250g

Simple Syrup is a liquid sweetener used for many things, from preserving sweet items such as fruits, to baking activities such as glazing. Its most popular use is, however, for drinks! As the syrup mixes easily with cold liquids, it is perfect for all kinds of mocktails.

INGREDIENTS

Water 1 cup

Sugar or Honey 1 cup

For a zero-calorie syrup use ¼ cup of powdered Stevia as a straight substitute for Sugar/Honey.

TOOLS

Hot Plate

Small pot / Saucepan

Spatula

Airtight Container (1 cup or larger)

MAKE IT

1. Place water and sugar in a pot or saucepan.
2. Bring the mixture to the boil over medium-high heat while stirring continuously.
3. Stir mixture thoroughly to make sure the sugar is entirely dissolved.
4. Remove from heat, transfer to an airtight container and leave to cool.

Adapted from SeriousEats

(<http://www.serious-eats.com/recipes/2012/02/homemade-fresh-sour-mix-for-cocktails-easy-recipe.html>)

Flavoured Syrup

Makes: 1 cup

Recipe

250mL

Sugars

250g

Carbs

250g

With Simple Syrup as your base, you can create your own flavoured syrups. Add a hint of flavour to an existing recipe, or use the syrups with still or sparkling water to make your own cordials and sodas.

INGREDIENTS

Water 1 cup

Sugar or Honey 1 cup

Flavour Ingredient

(Try one of these, or something new!)

Vanilla Pod 1 whole pod, split

Raspberries ¾ cup

Ginger Root Up to 2 cups

Celery Seeds 1 to 2 tbsp

TOOLS

Hot Plate

Small pot / Saucepan

Spatula

Strainer

Airtight Container (1 cup or larger)

For a zero-calorie syrup use ¼ cup of powdered Stevia as a straight substitute for Sugar/Honey.

MAKE IT

1. Place the Water, Sugar and Flavour Ingredient in a pot or saucepan.
2. Bring the mixture to the boil over medium-high heat while stirring continuously.
3. Stir mixture thoroughly to make sure the sugar is entirely dissolved.
4. Remove from heat. Strain into an airtight container and leave to cool.

Adapted from Annies Eats (<http://www.annies-eats.com/2011/08/15/diy-flavored-syrups/>)

Sour Mix

Makes: 1 - 3 cups

Recipe

250mL

Sugars

103g

Carbs

114g

Sour Mix is a citrusy mixer that is very popular in many kinds of drinks. Premixed versions are widely available, but it is also very easy and tasty to make at home.

INGREDIENTS

Sugar 1 cup
Water 1 cup
Lemon Juice 1 cup
Lime Juice 1 cup

TOOLS

Hot Plate
Saucepan
Spatula
Airtight Container (1 cup or larger)

For a zero-calorie syrup use ¼ cup of powdered Stevia as a straight substitute for Sugar/Honey.

MAKE IT

1. Start by making or using cool Simple Syrup (page)
2. Add Lemon and Lime juice to the syrup and stir well to combine
3. Store in an airtight container and refrigerate.

Adapted from SeriousEats

(<http://www.serious eats.com/recipes/2012/02/homemade-fresh-sour-mix-for-cocktails-easy-recipe.html>)

Minor Mulling Mix

Makes: 1 cup 4 Serves

Recipe

62mL

Sugars

25g

Carbs

25g

Mulling is the act of taking a drink, like apple cider, and cooking it with spices. Minor Mulling Mix is easy to make with ground ingredients and perfect for small portions.

INGREDIENTS

Brown Sugar 1 cup
Ground Cinnamon 2 tsp
Ground Cloves 1 tsp
Orange Zest 2 tsp
Ground Allspice 1 tsp
Ground Nutmeg 1/2 tsp

TOOLS

Airtight Container (1 cup or larger)
Mixing Bowl
Whisk / Fork
Hot Plate
Pot
Mixing spoon

MAKE IT... Dry Mix

1. Place all ingredients in a bowl or container. Mix thoroughly until everything is well combined. Seal in an airtight container.

MAKE IT... Mulled Drink

1. For every cup of drink to be mulled, add 1/4 cup of Minor Mulling Mix and 1/4 cup of water.
2. Pour all ingredients into a pot and bring the pot to a boil over medium-high heat.
3. Gently simmer for 5 minutes, mixing slowly.
4. Serve warm.

Adapted from About Food (<http://busycooks.about.com/od/beveragerecipe/r/mullingmix.htm>)

Medium Mulling Mix

Makes: 2 litres

Medium Mulling Mix uses whole ingredients and is perfect for preparing a batch of mulled drink for small groups. You can make the mix ahead of time and store for later use.

INGREDIENTS

Whole Allspice 1 tbsp
Whole Cloves 1 tbsp
Cinnamon Sticks 3
Orange Zest 1 peel
Peeled Ginger Root 2 slices

TOOLS

Airtight Container
Mixing Bowl
Hot Plate
Pot
Mixing spoon

MAKE IT... Dry Mix

1. Place all ingredients in a bowl or container. Mix thoroughly until everything is well combined. Seal in an airtight container.

MAKE IT... Mulled Drink

1. Pour 2L of your drink to be mulled and the entire Medium Mulling Mix into a pot.
2. Bring the pot to a boil over medium-high heat.
3. Gently simmer for 5 to 8 minutes, or until mulled to taste, while mixing slowly.
4. Strain the liquid into cups or a jug to serve. Serve warm.

Adapted from She Knows

(<http://www.sheknows.com/food-and-recipes/articles/850447/homemade-mulling-spice-recipe>)

Major Mulling Mix

Major Mulling Mix is the ultimate Mulling mix, customised entirely to your tastes. It needs experimentation to find the mix unique to you, but once you have discovered your own recipe it will bring warmth and joy that is second to no other! These mixes look beautiful in jars and bottles and make unique, thoughtful gifts for friends and family.

INGREDIENTS

Key Ingredients

Whole Cloves

Whole Allspice

Whole Star Anise

Optional Ingredients

Cinnamon

Citrus Peel

Cardamom

Dried Ginger Root

Whole Nutmeg

Vanilla Pods

Brown Sugar

Edible Flower Petals

TOOLS

Airtight Container
(1 cup or larger)

Mixing Bowl

Whisk / Fork

Hot Plate

Pot

Mixing spoon

MAKE IT... Dry Mix

1. Place all ingredients in a bowl or container.
2. Mix thoroughly with a whisk (or fork) until everything is well combined.
3. Seal in an airtight container.

MAKE IT... Mulled Drink

1. For each cup of drink to be mulled, add $\frac{1}{4}$ cup of water and a small amount of Major Mulling Mix.
2. Place all ingredients in a pot and bring to a boil over medium-high heat.
3. Gently simmer for 5 minutes or to taste, mixing slowly.
4. Strain the drink into cups. Serve warm.

House Grenadine

Makes: 1 cup

Recipe

250mL

Sugars

102g

Carbs

104g

Grenadine is a rich red, sweet and slightly tart syrup that is used in many drinks. It is added to drinks for flavour and to give a red or pink hue. Many stores sell premixed Grenadine, but it is simple to make and you can create your syrup as sweet or tart as you like.

INGREDIENTS

Pomegranate Juice 1 cup
Sugar ¼ cup
Lemon ½ fruit

TOOLS

Flat Cookware (e.g. Skillet)
Hot Plate
Cooking Spoon
Jar or Bottle for storage

House Grenadine can be kept refrigerated for up to 1 month!

MAKE IT... Dry Mix

1. In flat cookware (such as a skillet) mix the sugar and pomegranate juice over medium heat. Stir until the sugar is fully dissolved.
2. Boil the mixture for 5 minutes, or until slightly thickened.
3. To reduce the tartness of the mix, add a few drops of lemon once the mixture has cooled.
4. Pour into a jar or bottle and refrigerate.

Adapted from The Kitchn

(<http://www.thekitchn.com/how-to-make-homemade-grenadine-cooking-lessons-from-the-kitchn-187983>)

Coloured Sugar

Makes: ½ cup

Also known as Sanding Sugar, this is a sparkly, coloured sugar that is perfect for decorating the rims of glasses (or cookies!). You can make this pretty edible decoration with any colour you like.

INGREDIENTS

Granulated Sugar ½ cup

Gel Food Colouring

Corn Starch (optional)

TOOLS

Ziploc Bag

Baking Paper

You can try baking the sugar on a low heat, checking every few minutes, to speed up the drying time and add a little more shine.

MAKE IT

1. Place about ½ cup of Sugar into a Ziploc bag.
2. Add one or two drops of Food Colouring on top of the sugar, and close the bag.
3. Gently massage the food colouring into the sugar, trying not to crush the crystals.
4. After a few minutes, check that the colour is what you're looking for. If not, add another drop of colour and massage it through.
5. Lay the bag flat on a hard surface and check for any dark clumps. Break clumps up by gently massaging them with your fingers.
6. If the sugar is too sticky, add a tiny amount of corn starch and massage it through the sugar until it feels drier.
7. Pour the sugar out onto baking paper to dry. Store in an airtight container.

Adapted from Sweet Sugar Belle (<http://www.sweetsugarbelle.com/2012/01/make-your-own-sanding-sugar/>)

DIY Drink Shaker

Shaking drinks is a way to mix ingredients, aerate and rapidly cool down a beverage and strain any solids. If you can't find a drink shaker to use, try these easy alternatives!

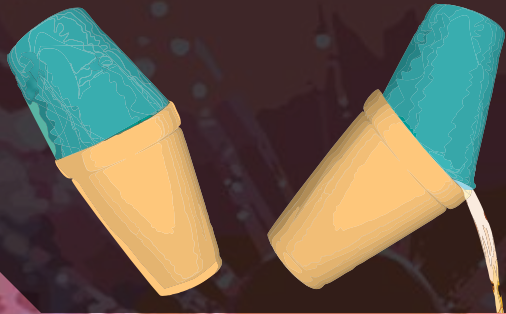
2 CUP SHAKER

Bigger Plastic cup

Smaller Plastic cup

SHAKE IT

1. Put all of your ingredients into the Bigger cup.
2. Put the Smaller cup, upside-down, inside the Bigger cup, pressing down gently to create a seal.
3. Hold the two cups firmly together and shake!
4. To strain, tilt the Smaller cup very slightly to create a small gap, and pour.



TRAVEL SHAKER

Travel Mug with Screw-on Lid (Plastic)

SHAKE IT

1. Put all of your ingredients into the Travel Mug.
2. Screw the lid on tightly, making sure all openings are sealed.
3. Shake!
4. To strain, open the sip cap and pour.







THE DETAILS

Safety and Ingredients

Just like any food, some mocktail ingredients might not be safe for everyone. Some people may have allergies or be unable to eat certain foods. It is important to check your medicines, as some foods change how they work (see page 58 for more information). If you are unsure if a guest needs to avoid an ingredient, the best way to find out is to ask! Most people with food requirements will know what they can safely eat. You could also make an ingredient card for your mocktails, so that people can decide quietly for themselves.

Below is a list of some ingredients that might not be safe for everyone.

Blue Green Algae (Spirulina) | May interact with immunosuppressant medications. May be unsafe for auto-immune diseases. Unknown safety during pregnancy and breastfeeding.

Cranberry | Interacts with Warfarin. May interact with medicines changed by the liver. May be unsafe for people with aspirin allergies.

Culinary Lavender | Interacts with sedatives and CNS depressants. May interact with drugs used in surgery.

Food Colouring | Some people may have allergies to certain types of food colouring.

Ginger | Interacts with medicines that slow blood clotting. May interact with diabetes and high blood pressure medicines.

Grapefruit | Interacts strongly with a variety of medicines including birth control.

Honey | Not recommended for children under 1 year old due to the risk of botulism infection.

Nutmeg | Can interact with multiple medicines, especially medicines changed by the liver.

Pomegranate | Interacts with medicines changed by the liver. Can interact with blood pressure medicines.

Rhubarb | Interacts with many medicines, including laxatives. Interacts with medicines which harm the kidneys, including NSAIDs such as Ibuprofen.

Choosing your Drinkware

Mocktails are delicious no matter how you drink them. Adding in the right drinkware, however, can take a mocktail experience from 'average' to 'excellent'! When choosing drinkware, the size, shape and colour can make a difference. It's also surprisingly important to consider what your drinkware is made of. There's no right answer to choosing drinkware, but there are some things to consider:

Who will use the drinkware?

Safer options might be better if your guests might drop a glass.

How many people will need drinkware?

If you have many people, simple drinkware is easy to stack and hold.

How much time do you want to spend cleaning up?

Disposable and recyclable options can be worthwhile for saving time.

There are three main materials that drinkware is made from, each with strengths and weaknesses.

GLASS | Easy to clean and hygienic, but dangerous when dropped. Glass drinkware can be found in every shape, colour, and size. Glass drinkware can be etched and engraved for special occasions.

ACRYLIC | Scratches easily making it harder to clean, but usually safe when dropped. Often dishwasher safe. Available in a wide variety of colours and shapes.

PLASTIC | Often disposable. Soft plastics are very safe, while hard brittle plastics can shatter when dropped. They come in limited colours and shapes, but are perfect to customise as keepsakes.

Types of Drinkware



Tea or Coffee cup | 200 to 300 mL | A small, usually ceramic cup that may be used in Cafes. Good for semiformal gatherings.



Mug | 350 mL to 450 mL | An informal cup, usually ceramic. Perfect for warm drinks, cosy settings and good company.



Champagne Flute | 200 mL | An elegant looking glass, perfect for drinks with bubbles.



Highball Glass | 350 to 400 mL | Easy to hold and excellent for light tasting drinks. These are sometimes called Tumblers.



Lowball Glass | 250 to 300 mL | Great for strong tasting or very sugary drinks.



Wine Glass | 250 to 300 mL | A pretty glass that is easy to hold and lovely for quiet events.



Margarita Glass | 250 mL | Lovely for bright or creamy drinks, with a large rim for sugar and salt garnish.



Martini Glass | 250 mL | A classic glass that looks lovely for transparent drinks, but it easily topples over.



Shot Glass | 25 to 50 mL | A tiny glass, perfect for tasters!



Port or Sherry Glass | 200 mL | Smaller versions of Wine glasses, they are lovely for quieter events.



Beer Glass | 400 mL | A very large glass similar to a Highball, easy to hold and great for light tasting drinks.



Stein Glass | 500 mL | Equipped with a handle for easy grip, this glass is perfect for warm and mulled drinks.



Hurricane Glass | 300 mL | A tall and slightly fancier alternative to a Highball glass, this is perfect for bright and swirly drinks.



Mason Jar | 470 mL | Slowly coming into popularity in Australia, this glass is highly customisable and great for informal parties or to add a rustic look.



Novelty Drinkware | Any Size | Endless shapes and sizes! Many stores stock various drinkware that suits any mood or theme.

Fancymaking: The Drinkware

Making mocktails? Let's make them fancy. There are quite literally ENDLESS possibilities for making your mocktails as delightful as possible: here are a few ideas!

For more inspiration and instruction, check out our Mocktails board on Pinterest:
www.pinterest.com/drugedtas/mocktails

Decorative Edging: For a burst of flavour while you sip, wet the rim of your glass in water, syrup, juice or melted chocolate and then dip in some sanding sugar, salt, or crushed candy. You could also try crushed biscuits, popping candy, or sprinkles.

Straws, Swizzles and Stirrers: These functional decorations come in an endless collection of colours, sizes, and shapes, and if that isn't enough you can also customise them! Stick berries on the end of a swizzle stick for a snack, add some paper cut outs to a straw to give your guest a moustache while they drink, or perhaps dip a spoon into melted chocolate to stir into a milky mocktail.

Drink Charms: If you have a lot of identical cups, you want to make sure your guests can keep track of which glass belongs to them. Drink charms to the rescue: Add a purchased charm to a wine glass, or make your own using a disc of paper or other craft supplies: They're easy to make and to customise to a theme, or to personalise!

Custom cups: A beautiful piece of drinkware can make a lovely gift and is a great way to ensure your guests remember your event for years to come. There are kits that allow you to engrave names or images on glassware, but if your drinkware is disposable many home craft supplies can be used! For example, painting the bottom of a glass with glue and dipping in glitter can look very regal!

Garnish: A slice of lemon over the edge of a glass, a sprig of parsley, a delicate sprinkle of edible flowers atop a punch bowl; garnish adds just that little extra something to make a mocktail special. It can be as simple as a slice of lemon, or as complex as perfectly arranged fruits on a wooden pick gently laid across the rim of the glass.

Fancymaking: The Drinks

Lustre Dust: If you're looking for a magical swirling shimmer, *lustre dust* is what you need. Also known as *pearl* or *sparkle dust*, it is available in many supermarkets (make sure to choose a brand labelled “edible”). Sprinkle a little inside your drink and watch it shimmer and shine as you stir.

Sanding Sugar: This tasty decoration is simply large coloured sugar crystals, and can be sprinkled on or inside mocktails to add texture and sparkle. You can often buy this next to cake decorations – or make some yourself! There's a recipe on page 74.

Treasure Icecubes: Ice is must for summer drinks, so why not make them more fun? Freeze ice into shapes using silicone moulds, or try something a little more daring: Freeze juice and cordials to add a bit of flavour and colour, or try making ice with edible things inside: tiny flowers, berries, lustre dust or drops of food colouring!

Frozen or Floating Fruits: A few whole berries or pieces of fruit floating in your mocktail adds a special touch. Freeze the fruits for an alternative to ice cubes that won't water down your drink!

Add a drop of colour: Great for making themed drinks, adding food colour allows you to tint certain mocktails in exactly the colour you want. This works best in clearer or light-coloured mocktails but can add a nice hint of colour to darker drinks as well. The packaging of food colouring gives tips for mixing the colours you want. (Try adding a drop to the bottom of your glass for a neat swirl when you pour!)

Delicious Drizzles: Using a syrup? Drizzle a little extra along the inside of your glass. It adds interesting decoration and allows your guests to mix in some extra flavour.

Intriguing Additions: The more creative a mocktail, the better. As long as your additions aren't going to be a hazard, there's no limit to what you could add! Lollipops or popsicles will gently melt and add flavour – or can be taken out to enjoy on their own. Slices of fruit or vegetables make a pretty snack, or celebrate the spooky season by filling a syringe with a red syrup for your guests to inject. Get creative!

Methods

All mocktail recipes use standard cooking methods. The methods used in this book are:

Boil | To heat a liquid to the point that it is bubbling and churning, and the bubbles break the surface of the liquid.

Bruise | To partially crush an ingredient to help release the flavour. Use a spoon or fingers.

Chill | To thoroughly cool something, but not to the point that it freezes.

Muddle | To crush or grind an ingredient to help release the flavour. Sometimes crushed into salt or sugar. Use a spoon or a muddler.

Mull / Mulling | To add extra flavour to a drink by heating it with spices.

Rim (a glass) | To dip the edge of a glass into water, juice or syrup, and then dip the wet glass into sugar or salt. For adding flavour and decoration.

Simmer | To heat a liquid to the point that it is moving, but no bubbles break the surface.

Strain | Pouring a mixture through small holes, such as in a strainer or cheese cloth, to separate solids from the liquid.

Measurements

All mocktail recipes use standard measurements. Some terms used in this book are:

mL | **Millilitres** | Used for measuring liquids. About the same as a gram.

L | **Litres** | 1000 Millilitres.

g | **Grams** | Used for measuring solids. About the same as a millilitre.

Teaspoon (tsp) | 5g / 5mL

Tablespoon (tbsp) | 20g / 20mL

dash | 10g / 10mL | A rough estimate, add more or less to taste

Pinch | 1.25g / 1.25mL | An estimate of the amount pinched between your fingers.

1/4 cup | 62.5g / 62.5mL

1/2 cup | 125g / 125mL

1 cup | 250g / 250mL

Serve | The standard amount, in millilitres, of one drink for one person.

Serving Guides

Every recipe in this book has a serving guide. The guide tells you how much sugar and carbs the recipe contains, per serving. This is important for people who need to consider their nutrition each time they eat or drink. The most common nutrient in drinks is carbohydrates (carbs). Carbs are a macronutrient, meaning your body needs a lot of it. Most people get enough carbs from their regular meals and don't need to supplement their intake.

How are the guides calculated?

To find how much sugar is in each ingredient:

1. Read the nutrition label or online to find “Sugars per 100g”.
2. Divide the “Sugars per 100g” by 100. Then, multiply that by the amount used in the recipe. This number is your “Ingredient Sugar Total”.

(e.g There are 2.5g sugars per 100g of lemon. Divide that by 100. Multiply that new number by how much lemon we are using: 60g. [$2.5 \div 100 \times 60 = 1.5$]. This means 1.5g of sugar in 60g of lemon!)

To find how much sugar is in the whole recipe:

3. Add together all of the “ingredient sugar totals”. This number is the “Recipe Total”.

(e.g We are using three ingredients and we know their ingredient sugar totals: Lemon: 1.5, Apple: 2.5, and Water: 0. Add those together. [$1.5 + 2.5 + 0 = 4$]. This means there is 4g sugar in the whole recipe!)

Find how much sugar is in the serving:

4. Divide your “Recipe Total” by the number of “Servings”.

(e.g. There are 24g sugars in the whole recipe. We divide that by the servings: 2. [$24 \div 2 = 12$ g]. This means there are 12g sugars in the serving!)

Repeat steps 1 to 4 to find out how many carbs are in the ingredients, recipe and serving.



Are the ‘Low Sugar’ mocktails really low in sugar?

Each mocktail marked as ‘Low Sugar’ follows the guidelines set by Food Standards Australia and New Zealand. There are separate guidelines for liquid and solid foods: for our mocktails, we have used the liquid food guidelines.

Food Standards Australia and New Zealand define Low Sugar as:

- Liquid foods with no more than 2.5g per 100g
- Solid foods with no more than 5g per 100g

Why do you show Carbohydrates and Sugar separately? Aren’t they the same thing?

All sugars are carbs, but not all carbs are sugars. Carbs, or carbohydrates, is a term for a type of biological molecule. The length of the molecule chain determines the type of carb. Sugar and starch, for example, are both carb chains of different lengths.

To make things simple, we have followed the Food Standards Australia and New Zealand guidelines. They define ‘sugar’ as one and two molecule chains, which includes table sugar. Longer chains of three or more are defined as ‘carbs’.

We show both sugars and carbs because both are important for health, and some carbs break down into sugars inside the body. Many people have health conditions that require a careful watch on the amount of carbs and sugar they eat. Having information about what you eat and drink allows you to make informed choices.

The serving guides can help you decide which mocktail to enjoy, and how much of it. Someone who has eaten enough sugar that day might choose a low-sugar mocktail, while someone who hasn’t eaten that day might choose a mocktail with more sugar. The serving guides make sure that everyone has the information to decide for themselves.

It’s all about making the very best choice for you and your body.

References

Put off today what you can do tomorrow Page 8

- Pujol, J et al. 1993, 'When does human brain development end? Evidence of corpus callosum growth up to adulthood', *Annals of Neurology*, vol. 34, no. 1, pp. 71–75.
- Spear, LP 2002, 'Alcohol's Effects on Adolescents', *Alcohol Research & Health*, vol. 26, no. 4, pp. 287–291.

Belonging Page 13

- Arthur, MW et al. 2002, 'Measuring Risk and Protective Factors for Substance Use, Delinquency, and other Adolescent Problem Behaviours', *Evaluation Review*, vol. 26, no. 6, <http://www.pridesurveys.com/supportfiles/CTC_reliability.pdf>.
- Feld, SL, Suitor, JJ, & Hoegh, JG 2016, 'Describing Changes in Personal Networks over Time', *Field Methods*, viewed 30 June 2017, <<http://journals.sagepub.com/doi/abs/10.1177/1525822X06299134?journalCode=fmxd>>.
- Monahan, KC et al. 2014, 'The Relation Between Risk and Protective Factors for Problem Behaviors and Depressive Symptoms, Antisocial Behavior, and Alcohol Use in Adolescence', *Journal of community psychology*, vol. 42, no. 5, p. 621.

Alcohol and feeling fine Page 17

- Kaptchuk, TJ et al. 2010, 'Placebos without Deception: A Randomized Controlled Trial in Irritable Bowel Syndrome', *PLOS ONE*, vol. 5, no. 12, p. e15591.
- Lee, CM et al. 2011, 'Positive and Negative Alcohol-Related Consequences: Associations with Past Drinking', *Journal of adolescence*, vol. 34, no. 1, p. 87.
- Mitchell, JM et al. 2012, 'Alcohol Consumption Induces Endogenous Opioid Release in the Human Orbitofrontal Cortex and Nucleus Accumbens', *Science Translational Medicine*, vol. 4, no. 116, p. 116ra6-116ra6.
- Oscar-Berman, M & Marinkovic, K 2007, 'Alcohol: Effects on Neurobehavioral Functions and the Brain', *Neuropsychology review*, vol. 17, no. 3, p. 239.

Take a sip Page 21

- Chumlea, WC et al. 1999, 'Total body water data for white adults 18 to 64 years of age: The Fels Longitudinal Study', *Kidney International*, vol. 56, no. 1, pp. 244–252.
- Kenney, WL & Chiu, P 2001, 'Influence of age on thirst and fluid intake [Abstract]', *Medicine and Science in Sports and Exercise*, vol. 33, no. 9, pp. 1524–1532.
- World Health Organisation 2008, *Prevention and control of cholera outbreaks: WHO policy and recommendations*, viewed 11 October 2017, <<http://www.who.int/cholera/technical/en/>>.

Cheers to the big win Page 24

- Barnes, M 2014, 'Alcohol: impact on sports performance and recovery in male athletes. [Abstract]', Sports Medicine, vol. 44, no. 7, pp. 909–919.
- Fagan, AA & Najman, JM 2005, 'The Relative Contributions Of Parental And Sibling Substance Use To Adolescent Tobacco, Alcohol, And Other Drug Use', Journal of Drug Issues, vol. 35, no. 4, pp. 869–883.
- Hayes, L et al. 2004, *Parenting influences on adolescent alcohol use*, Australian Institute of Family Studies.

A new baby! Page 26

- Australian Government 2009, *Australian Guidelines to Reduce Health Risks from Drinking Alcohol*, National Health and Medical Research Council (NHMRC), <<https://www.nhmrc.gov.au/guidelines-publications/ds10>>.

Party hard, party safe Page 30

- Pace, K 2016, 'Understanding the “upstairs” and “downstairs” brain', MSU Extension, viewed 6 October 2017, <http://msue.anr.msu.edu/news/understanding_the_upstairs_and_downstairs_brain>.

The science of taste and the brain Page 34

- Breuning, LG 2015, *Habits of a Happy Brain: Retrain Your Brain to Boost Your Serotonin, Dopamine, Oxytocin, & Endorphin Levels*, Adams Media.
- Duke Medicine News and Communications 2008, 'Brain Pleasure Pathway Responds to Calorie-Rich Foods, Not Just Sugar Flavor', Duke Anesthesiology, viewed 6 October 2017, <<http://anesthesiology.duke.edu/?p=534>>.
- Satter, E 2007, 'Hierarchy of Food Needs', <<http://www.ellynsatter.com/resources/Foodneeds.pdf>>.

Caring Page 39

- Alcohol and Drug Foundation (ADF) n.d., 'Prevention', ADF - Alcohol & Drug Foundation, viewed 9 October 2017, <<https://adf.org.au/prevention/>>.

Role Modelling Page 42

- Hayes, L et al. 2004, *Parenting influences on adolescent alcohol use*, Australian Institute of Family Studies.
- Jones, SS 2009, 'The development of imitation in infancy', Philosophical Transactions of the Royal Society B: Biological Sciences, vol. 364, no. 1528, pp. 2325–2335

Reaching for that natural high Page 46

- Atianjoh, FE et al. 2008, 'Amphetamine causes dopamine depletion and cell death in the mouse olfactory bulb', European journal of pharmacology, vol. 589, no. 1–3, pp. 94–97.
- Richman, LS et al. 2005, 'Positive emotion and health: going beyond the negative [Abstract]', Health Psychology: Official Journal of the Division of Health Psychology, American Psychological Association, vol. 24, no. 4, pp. 422–429.
- Schultz, W 2015, 'Neuronal Reward and Decision Signals: From Theories to Data', Physiological Reviews, vol. 95, no. 3, pp. 853–951.
- Solof, B 2013, *The Therapist's Guide to Addiction Medicine: A Handbook for Addiction Counselors and Therapists*, Central Recovery Press.

Permission to Play Page 48

- Balcombe, J 2006, 'Chapter 4 PLAY: Fun for its own sake', in, *Pleasurable Kingdom: Animals and the Nature of Feeling Good*, St. Martin's Press, pp.67–77.
- Dinets, V 2015, 'Play behavior in crocodilians', *Animal Behavior & Cognition*, vol. 2, pp. 49–55.
- Sharpe, L 2011, 'So You Think You Know Why Animals Play...', Scientific American Blog Network, viewed 10 October 2017, <<https://blogs.scientificamerican.com/guest-blog/so-you-think-you-know-why-animals-play/>>.

Being a boozeless social butterfly Page 52

- Cuddy, AJC, Wilmuth, CA, & Carney, DR 2012, 'The Benefit of Power Posing Before a High-Stakes Social Evaluation', Harvard Business School Working Paper, , no. 13-027, <<http://nrs.harvard.edu/urn-3:HUL.InstRepos:9547823>>.
- Hari, R et al. 2015, 'Centrality of Social Interaction in Human Brain Function', *Neuron*, vol. 88, no. 1, pp. 181–193.
- Mogg, K & Bradley, BP 2016, 'Anxiety and attention to threat: Cognitive mechanisms and treatment with attention bias modification', *Behaviour Research and Therapy*, vol. 87, no. Supplement C, pp. 76–108.

The Developing Brain Page 54

- Casey, BJ, Jones, RM, & Hare, TA 2008, 'The Adolescent Brain', *Annals of the New York Academy of Sciences*, vol. 1124, pp. 111–126.
- Spear, LP 2002, 'Alcohol's Effects on Adolescents', *Alcohol Research & Health*, vol. 26, no. 4, pp. 287–291.
- Tau, GZ & Peterson, BS 2010, 'Normal Development of Brain Circuits', *Neuropsychopharmacology*, vol. 35, no. 1, pp. 147–168.

Mixing Medications (with alcohol) Page 58

Weathermon, R & Crabb, DW 1999, 'Alcohol and Medication Interactions', Alcohol Research & Health, vol. 23, no. 1, pp. 40–54.

Here's to a healthy pregnancy Page 60

- Australian Government 2009, *Australian Guidelines to Reduce Health Risks from Drinking Alcohol*, National Health and Medical Research Council (NHMRC), <<https://www.nhmrc.gov.au/guidelines-publications/ds10>>.

Safe Ingredients Page 78

- WebMD n.d., *Vitamins & Supplements Center – Nutritional, Herbal, Dietary, and More - WebMD*, viewed 25 September 2017, <<http://www.webmd.com/vitamins-supplements/default.aspx>>.
- *Understanding Food Dye Allergies* 2015, Healthline, viewed 15 December 2017, <<https://www.healthline.com/health/allergies/understanding-food-dye-allergies>>.

Serving Guide Page 86

- Food Standards Australia and New Zealand 2017, 'Food Standards Australia New Zealand Act 1991: Schedule 4: Nutrition, health and related claims', <<https://www.legislation.gov.au/Details/F2017C00317>>.

Recipe



Sugars



Carbs



.....
Makes:

INGREDIENTS

MAKE IT

TOOLS

Recipe



Sugars



Carbs



Makes:

INGREDIENTS

MAKE IT

TOOLS

Recipe



Sugars



Carbs



Makes:

INGREDIENTS

MAKE IT

TOOLS

Recipe



Sugars



Carbs



Makes:

INGREDIENTS

MAKE IT

TOOLS

Recipe



Sugars



Carbs



.....
Makes:

INGREDIENTS

MAKE IT

TOOLS

Recipe



Sugars



Carbs



.....
Makes:

INGREDIENTS

MAKE IT

TOOLS

Recipe



Sugars



Carbs



.....
Makes:

INGREDIENTS

MAKE IT

TOOLS

FAVOURITE RECIPES

RECIPE NAME

PAGE

Thank you for reading
Mocktails + Mastery!

We hope you found this book
useful and enjoyable.

Be sure to visit
www.everybodys.business
for more alcohol and other
drug information, services and
help lines.

If you'd like to help us make
better resources in the future,
visit the survey below to
answer a few questions about
this resource.

We'd love to hear what you
think!

Scan me with a QR Reader app!

(search for "QR Reader" in your app store)



www.surveymonkey.com/r/MocktailsAndMastery



www.den.org.au

www.everybodys.business