

## Recovery Iowa News

December 2007



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Did you know that one in three adults prefers a nonalcoholic beverage? The following non-alcoholic drink recipes are a courtesy of the National Highway Traffic Safety Administration and Join Together. Many of these unique drinks can add “flavor” to your party by giving your guests healthy, tasty alternatives to alcoholic beverages. Best wishes from Recovery Iowa for a safe and happy holiday season.

### Citrus Collins

Fill a 10–12 oz. glass with ice cubes

2 oz. orange juice

1 oz. lemon juice

1 oz. flavored syrup

*Fill with club soda. Garnish with an orange slice or a cherry.*

### Mai Tai

1/2 cup pineapple juice

1/4 cup orange juice

1/4 cup club soda

1 tbsp. cream of coconut

1 tbsp. grenadine syrup

*In a shaker or tall glass, combine ingredients; shake or stir to blend. Add crushed ice.*

### Lemon-Strawberry Punch

1 can (6 oz.) frozen orange juice concentrate, thawed

1 pkg. frozen sliced strawberries

1 can (6 oz.) frozen lemonade concentrate

1 quart carbonated water

1 quart ginger ale

Sliced bananas (garnish)

Sliced oranges or lemons (garnish)

*Combine frozen lemonade, strawberries (half-thawed with juice), and orange juice. Place in a punchbowl with ice.*

*Just before serving, add carbonated water and ginger ale. Garnish with thin slices of orange, lemon, or banana.*

*Serves 20.*

### Holiday Delight

Blend the following ingredients in a mixer:

1/2 cup orange juice

1/4 cup frozen strawberries

1/4 cup cranapple juice

1/4 cup half-and-half

1/2 banana

*Pour into a tall glass.*

### Viennese Coffee

Combine:

1/4 cup whipped cream

1 tbsp. powdered sugar

1/2 tsp. vanilla extract

*Beat until stiff.*

*Pour 3 cups of very strong coffee (decaffeinated is fine) into four cups. Float whipped cream mixture on top. Garnish with 1/2 tsp. grated orange peel. Use cinnamon sticks in each cup as servers.*

### **The C&C Express**

In a blender, mix the following on low speed to smooth consistency:

6 oz. chocolate chip ice cream  
1/4 cup brewed espresso coffee  
1/4 cup half-and-half  
3 tbsp. cream of coconut

*Pour into an 8-ounce serving glass. Top with whipped cream and chocolate shavings. Garnish with a cookie and serve immediately.*

### **The Natural Blend**

Blend the following ingredients in a mixer:

1/2 banana  
6 strawberries  
2 oz. apple juice  
1/4 apple, with the skin  
2 oz. fresh pineapple  
1/2 cup ice

*Serve in a wine glass. Garnish with fresh strawberries.*

### **Frosty Mocha**

1/2 gal. chocolate ice cream, softened  
8 cups coffee, chilled  
1 pint half-and-half  
1 tsp. almond extract  
1/8 tsp. salt  
1 square semisweet chocolate, grated  
1/4 tsp. ground cinnamon

*With a mixer at low speed, beat the ice cream and 3 cups of coffee until smooth. In a chilled 5–6 qt. punchbowl, stir the ice cream mixture, half-and-half, almond extract, salt, and 5 cups of coffee until blended. Sprinkle with grated chocolate and cinnamon. Makes sixteen 8-ounce servings.*

### **Fizzled Wine**

1/2 cup white grape juice  
1/2 cup lemon-lime soda  
1/2 tsp. sugar (optional)

*Combine ingredients in a tall glass; stir to blend. Add ice. Makes 1 serving.*

### **Southern Style Eggnog**

4 eggs, separated  
1 cup whipping cream  
1/2 cup sugar  
2 tsp. vanilla extract  
1/4 tsp. salt  
Nutmeg  
3 cups milk  
Whipped cream to garnish

*While beating the egg yolks, gradually add sugar and salt. Gradually stir in milk and cream. Heat mixture over hot water or over low heat, stirring constantly, until it thickens and coats a metal spoon. Cool. Add vanilla extract and chill thoroughly. Beat egg whites until soft peaks form; gradually add the remaining 1/4 cup of sugar. Beat the refrigerated mixture until smooth and frothy. Fold in beaten egg whites. Sprinkle nutmeg and garnish with whipped cream.*

### **Hot Spiced Apple Cider**

Heat in glass pot or enameled pan:

6–8 cups apple cider

1/4 cup orange, lemon, or lime slices with peel, or any combination

One 2-inch cinnamon stick

4–6 cloves

*Serve with fruit slices in mugs. Makes 6–8 servings.*

### **South Sea Cooler**

3 oz. orange juice

1/2 oz. undiluted grapefruit juice concentrate

1 oz. coconut cream

1 oz. light cream

*Shake with a large scoop of shaved ice. Serve in a tall glass.*

### **River Club Cream**

1.5 oz. Arrow Nonalcoholic Black Raspberry Cordial

5 oz. half-and-half

Dollop of whipped cream

*Shake ingredients in a glass and metal shaker with ice until frothy. Pour (with ice) into 10–12 oz. snifter or tall glass.*

### **No-Tequila Margarita**

12 oz. can thawed lemonade concentrate

12 oz. can thawed limeade concentrate

1 cup powdered sugar

4 egg whites

6 cups crushed ice

1 qt. club soda

Coarse salt (optional)

*In a 4-quart non-metal container, thoroughly mix together the first five ingredients. Cover and freeze, stirring occasionally. Remove the container from the freezer 30 minutes before serving. Spoon 2 cups of the slush mixture into a blender; add 1 cup of club soda. Blend until frothy. To serve, rub rim of glass with lime slice, and, if desired, dip rim in coarse salt; fill glass. Garnish with lime slices. Makes 24 servings.*