



Mocktail Recipes 2008

Bethesda North Hospital

Menders Bender

PACU

1 can Pineapple Juice (46OZ)
1 can Peach Nectar (46OZ)

1 can frozen Limeade Concentrate (6OZ)
1 liter Lemon-lime carbonated beverage

Combine pineapple juice, peach nectar, and limeade. Pour into ice cube trays and freeze. Just before serving put frozen punch in a bowl and mash with potato masher or blender, add lemon-lime soda to make a "frozen slush" or desired consistency. Serve immediately and enjoy. Optional garnish with orange wedges, cherries or other fruit.

Santa's Sober Sipper

BN 6200

1 cup white chocolate chips
1 cup heavy cream
4 cups half and half

1 tsp vanilla extract
1/8-1/4 tsp peppermint extract (to taste)
Garnish: vanilla whipped topping, candy cane (crushed or whole)

In a medium saucepan over medium heat, combine white chocolate chips and heavy cream. Stir continuously until white chocolate chips have completely melted. Stir in the half and half, vanilla extract and peppermint extract. Stir occasionally until heated thoroughly. Pour into mugs and top with a dollop of whipped topping and candy cane.

Get Juiced

Bethesda North Administration/Nursing Administration and Patient Relations

2 (12 fluid ounces) cans frozen lemonade
2 (12 fluid ounce) cans frozen orange juice
7 cups pineapple juice

2-2/3 cups cranberry juice
2 trays ice cubes

Prepare the lemonade and orange juice as directed on cans. Combine orange juice, lemonade, pineapple juice, and cranberry juice in a large mixing bowl or pitcher. Chill well. Immediately before serving add ice cubes.

Pomegranate Margaritas

Care Management

1/4 cup sugar
1/4 cup hot water
1 1/2 cups Cranberry Juice

1/2 cup Lime Juice
1/4 cup Orange Juice
Splash of Pomegranate Juice

Mix all ingredients and serve chilled over ice.

Bahama Trauma

MSICU

1 (46 fluid ounce) can of frozen orange juice-thawed
3/4 a cup of lemonade
6 cups ginger ale chilled

Orange slices
Grenadine

In a 1 gallon pitcher, combine orange juice, lemonade & ginger ale, mix well. Splash the top of the drink w/ grenadine and garnish side of glass with an orange slice!

The Sobriety Test

Medical Records

2 cups boiling water
3/4 cup of cold water

6 oz package of grape Jell-o
1 1/4 cup chilled sparkling apple juice

Bring water to a rolling boil, then remove from heat. Stir together boiling water and gelatin in a mixing bowl. Stir constantly until gelatin is completely dissolved. Stir in cold water and sparkling apple juice. Pour mixture into shot glasses or individual plastic cups. Place shots on a tray in refrigerator and chill until firm. Refrigerate until served.

“Cold Red” Sangria

4 Telemetry

1 bottle (750 ml) non alcoholic red wine
4 oz cranberry juice
1 1/2 cups simple syrup
1 lime sliced into wheels
1 pear diced

4 oz orange juice
2 oz lime juice
1 orange sliced into wheels
1 lemon sliced into wheels
1 apple diced

Combine all liquids together plus simple syrup, pear and apple. Refrigerate for 4-6 hours. Add orange lime and lemon slices before serving. Serve in ice-filled glass.

Healthy Treasure

TriHealth Lifestyles

One of the healthiest treasures you can give your body is water. Plain water is best, but if it sounds boring or you don't like the taste, then go ahead and

“Spike Yer Drink” by:

- ~ Using water filtration system
- ~ Add a bit of unsweetened fruit juice
- ~ Add fresh fruit (lemons, lime, oranges, grapefruit)
- ~ Add mixes (careful of sugar count)
- ~ Add mint
- ~ Add sliced cucumbers

Phi Slamma Jamma (aka the Athletic Supporter)

Trauma Services/TriHealth Sports Medicine

Diet Cherry 7 Up
Grenadine Syrup
Maraschino cherries

Pour 7 Up into shot glass. Do a head fake. Add a splash of grenadine syrup. Slam Dunk a cherry into the cup.

Chocolate Covered Cherry & Cream

Bethesda North Dietary/Nutrition

1 oz espresso	6-8 oz milk (skim doesn't work as well)
3 oz chocolate mocha syrup	Crushed ice
1 oz vanilla syrup	

Blend all ingredients in a high speed blender until smooth. Pour into a glass and top with Whipped Cream and Maraschino Cherry.

OR

Omit the ice and use hot espresso and heated milk for a hot drink.

Rockstar Sunrise Surprise

Bethesda North Emergency Department

1/2 cup of Rockstar energy drink	dash of grenadine
1/4 cup of OJ	crushed ice
1/2 cup of cranberry juice	

Mix all ingredients together and serve over crushed ice.

Cardinal Punch

Purification Technology

8 cups cranberry juice	12 cups water
2 cups sugar	2 quarts ginger ale
2 cups orange juice	3 tablespoons lemon juice

Boil sugar and water for 5 minutes. Add cranberry, orange, and lemon juices. Chill. Just before serving add ginger ale.

Red Fizz

Montgomery Police Department

Sprite
Red Bull

Mix together and enjoy!

The Double D (Designated Driver)

Greater Cincinnati Safe Kids Coalition

2 quarts cranberry juice
2 quarts lemonade

2 quarts pineapple juice
2 quarts carbonated lemon-lime or ginger ale

Pour all of the juices together in a big punch bowl. Add enough soda to give the punch a kick, but not so much that the flavor of the juices is diluted.

Sparkling Citrus Tea Blast

XS Energy Drinks

Equal parts of:
Non-alcoholic Sparkling White Grape Juice
XS Citrus Blast
XS Teaberry Blast

Garnish: maraschino cherries and orange slices

Mix ingredients and add crushed ice. Garnish with Maraschino cherry and orange slice. (optional – drink and ice can be run through a blender for a slushy consistency).

Mint Raspberry Holiday

Hamilton County OVI Task Force

1/2 cup Fresh mint leaves	1 pint Fresh raspberries, crushed & sweetened with 1/2 cup sugar
Mint sprigs for garnish	or 10 ounces Frozen raspberries
1 cup Boiling water	2 cups Cold water
6 ounces Frozen lemonade	

Combine 1/2 cup mint leaves and boiling water. Let steep 5 minutes. Add raspberries and frozen lemonade concentrate. Stir (until thawed), if frozen raspberries are used). Strain into pitcher half-filled with crushed ice. Add cold water and stir. Garnish with fresh mint leaves.