

### IRISH COFFEE

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



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

### PURPLE COW (MOO Time!!)

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



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

### PINA COLADA

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



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

## Other alternatives to drinking alcohol

### Physical alternatives:

- Playing sports
- Dancing
- Horseback riding
- Swimming
- Hiking
- Skiing

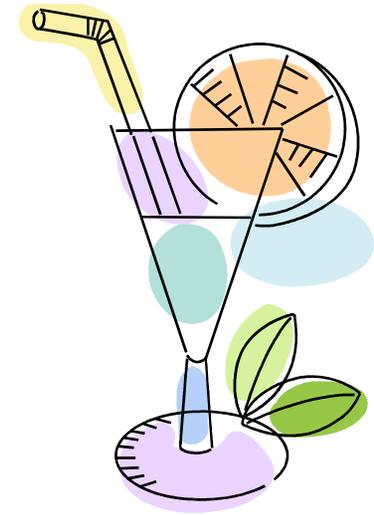
### Emotional alternatives:

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

### Social alternatives:

- Start a club that is centered around one of your favorite activities.
- Play games (chess, Pictionary).
- Volunteer to support a community or societal cause that you care about.
- Join an existing organization or club.
- Keep your eyes open for advertised campus activities that don't involve drinking or drug use, such as movies screenings, poetry readings, plays and concerts.

non-alcoholic drinks



## Mocktails

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



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

**724-357-1265**

# Mocktails

Let's have a party! Fresh Mocktails provide some nonalcoholic beverage ideas to munch on while sanely sipping. These Mocktails offer an alternative to, or a change-of-pace from, traditional alcoholic drinks.

## COCONUT CREEPER

(Creep over to this!)

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



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

\*\*Garnish with pineapple & cherry



## PARTY PUNCH COOLER (Punch out the Alcohol)

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

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

## STRAWBERRY DAIQUIRI

- 2 cups milk
  - 2 cups frozen strawberries, lightly thawed
  - 1 teaspoon fine granulated sugar or sweetener
  - 5 ice cubes
- Combine all ingredients in blender until frothy. Serves 3.



## GIMLET



- 2 cups milk
- 4 scoops lime sherbet
- 2 drops green food coloring

\*Combine in blender until smooth and frothy. Serves 3

## GRASSHOPPER (Don't let it hop away!)



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

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

## HOUDINI COCKTAIL (The alcohol has escaped!)



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

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

## FUZZY NAVEL



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

\*Combine in blender until smooth & creamy. Serves 2