

# Mocktail Recipe Book



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“ This mocktail recipe book was created as a collaborative effort across our coalition, uniting diverse perspectives, cultural inspirations, and a shared commitment to promoting healthier social environments. These alcohol-free recipes are adult alternatives to traditional cocktails. Our goal is not only to provide delicious options, but also to support a culture where everyone feels welcome and included. By choosing to serve mocktails, we encourage conversations, connections, and meaningful moments—all centered around wellness and accessibility. We invite you to explore these pages, experiment with new flavors, and enjoy the vibrant possibilities of alcohol-free mixology. Cheers to healthier choices, shared inspiration, and the collective spirit that made this book possible.

*-The Stamford Prevention Council*

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## Cranberry Club Soda

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### INGREDIENTS

- Club Soda
- Lime
- Cranberry Juice

### DIRECTIONS

Mix club soda with cranberry juice to taste. Garnish with lime

“My #1 go-to is club soda with lime & cranberry juice! It’s easy to get at a bar or restaurant and is so refreshing.”

-Brittany Dube, MPH, CHES

Behavioral Health, Health Promotion, and Emergency Response Supervisor  
City of Stamford Department of Health and Human Services



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## *Non-Alcoholic Mojito*

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### **INGREDIENTS**

- About 8-10 mint leaves
- 1 ounce of lime juice (or half a lime)
- 1/2 ounce of simple syrup
- Club Soda

### **DIRECTIONS**

Muddle the mint leaves with the lime juice and simple syrup. Fill the glass with ice and pour club soda over.

“It's very refreshing and goes great with any seafood or Mediterranean dish!”

-Cynthia Guidotti

Rippowam MS Health Teacher

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## *Non-Alcoholic Blue Moon*

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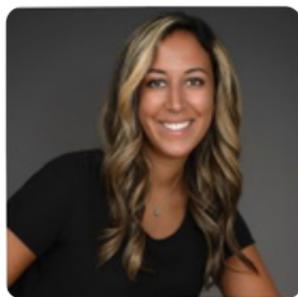
### **DIRECTIONS**

Serve cold and garnish with an orange wedge.

“Pairs well with pizza, especially from Riko’s!”

-Daniella Arias

Liberation Programs, Inc.



## *Heineken 0.0*

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### **DIRECTIONS**

Serve chilled and enjoy!

“My husband likes Heineken 0.0 on a hot summer day with my crockpot BBQ chicken sliders.”

-Regan Allan

Director of Education and Engagement  
Stamford Public Education Foundation

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## Sparkling Punch

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### INGREDIENTS

- 1 (12-oz.) can frozen pink lemonade concentrate, thawed
- 4 cups white cranberry juice cocktail
- 1 qt. club soda, chilled
- Garnish: fresh mint sprigs

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### DIRECTIONS

Stir together lemonade concentrate and cranberry juice cocktail in a large pitcher. Cover and chill at least 1 hour or up to 24 hours. Stir in club soda just before serving. Garnish, if desired.

“Here’s a recipe I made for a pre-prom I hosted which was a hit with the kids and for Maggie’s Sweet 16!”

-Regan Allan

Director of Education and Engagement  
Stamford Public Education Foundation



## *Cranberry Mix-ins*

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### **INGREDIENTS**

- Cranberry Juice
- Add either pineapple juice or apple juice to switch up the flavors!
- Serve over ice

“My favorite mocktails!”

-Johanna Moina  
Domus Kids, Inc.

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## *Virgin Mojito*

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### **INGREDIENTS**

- 10–12 fresh mint leaves (symbol of freshness and renewal)
- 1 lime, cut into wedges (for energy and balance)
- 2 teaspoons of sugar or honey (natural sweetness for a positive touch)
- Ice cubes
- 1 cup sparkling water or club soda
- Lime slices and mint sprigs for garnish
- Optional: A splash of apple juice or lemon–lime soda for extra flavor

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### **DIRECTIONS**

- In a glass, gently muddle the mint leaves, lime wedges, and sugar or honey to release their natural aroma.
- Add ice cubes to fill the glass.
- Pour in the sparkling water and stir lightly.
- Garnish with a mint sprig and a lime slice — and enjoy the freshness!

“This Virgin Mojito is more than just a drink — it’s a symbol of healthy choices, connection, and prevention. At the Stamford Prevention Council, we raise our glasses to celebrate awareness, wellness, and unity. Together, we show that celebration and community spirit don’t need alcohol to shine.”

–Marlen S. Quintero

Stamford Prevention Council Member



*Athletic Brewing  
Run Wild IPA or  
Upside Dawn  
Golden*

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“Paired with wings, of course.”

–Ricardo Arocha

Mid Fairfield Community Care Center

## **DIRECTIONS**

- Serve chilled!

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## *Nojito*

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### **INGREDIENTS**

- Spindrift
- Mint leaves
- Lime wedge

### **DIRECTIONS**

Pour spindrift over ice and add in mint leaves. Garnish with lime wedge. Can be sweetened or not!

“I’d pair this with carnitas tacos!!  
Yum!”

- Audrey Camino-jara, LMSW  
Bilingual TeenTalk Counselor A.I.T.E.

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## Citrus Spark Refresher

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### INGREDIENTS

- $\frac{1}{2}$  cup fresh orange juice
- $\frac{1}{4}$  cup pineapple juice
- 1 tbsp lime juice
- $\frac{1}{2}$  cup sparkling water
- Ice cubes
- Garnish: orange slice, mint sprig

### DIRECTIONS

- Fill a glass with ice.
- Add orange, pineapple, and lime juices.
- Top with sparkling water and stir gently.
- Garnish with orange slice and mint sprig.

“Pairs well with grilled shrimp skewers or tropical fruit salad.”

- Tahsin Ruby  
Parent

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## *Berry Bliss Cooler*

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### **INGREDIENTS**

- ½ cup mixed berries (fresh or frozen)
- 1 tbsp honey or agave syrup
- ½ cup cranberry juice
- ½ cup sparkling water
- Ice cubes

### **DIRECTIONS**

- Muddle berries and honey in a glass.
- Add cranberry juice and stir.
- Top with sparkling water and ice.

“Great with a spinach and feta wrap or summer picnic snacks.”

- Tahsin Ruby  
Parent

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## *Cucumber Mint Splash*

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### **INGREDIENTS**

- 4 cucumber slices
- 3 mint leaves
- ½ tbsp lemon juice
- ½ cup club soda
- Ice cubes

### **DIRECTIONS**

- Muddle cucumber and mint in a glass.
- Add lemon juice and ice.
- Top with club soda and stir.

“Refreshing with hummus and veggie platter.”

- Tahsin Ruby  
Parent

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## *Peach Paradise Fizz*

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### **INGREDIENTS**

- ½ cup peach nectar
- ¼ cup lemonade
- ½ cup sparkling water
- Peach slice for garnish
- Ice cubes

### **DIRECTIONS**

- Combine peach nectar and lemonade in a glass.
- Add ice and top with sparkling water.
- Garnish with a peach slice.

“Delicious with grilled chicken salad or fruit parfait.”

- Tahsin Ruby  
Parent

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## *Tropical Sunshine Spritz*

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### **INGREDIENTS**

- $\frac{1}{4}$  cup mango juice
- $\frac{1}{4}$  cup pineapple juice
- $\frac{1}{4}$  cup coconut water
- $\frac{1}{2}$  cup sparkling water
- Ice cubes

### **DIRECTIONS**

- Mix juices and coconut water in a shaker.
- Pour over ice and top with sparkling water.

“Best with coconut shrimp or summer BBQ dishes.”

– Tahsin Ruby  
Parent

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## *Watermelon Breeze*

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### **INGREDIENTS**

- ½ cup fresh watermelon chunks
- 1 tbsp lime juice
- 1 tsp honey
- ½ cup sparkling water
- Ice cubes

### **DIRECTIONS**

- Blend watermelon, lime, and honey until smooth.
- Pour over ice and top with sparkling water.

“Perfect with tacos, fresh salad, or light sandwiches.”

- Tahsin Ruby  
Parent

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## Sparkling Raspberry Mocktail

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### INGREDIENTS

- 1 12 ounce frozen raspberry lemonade concentrate
- 3 cup cold water
- 1 cup frozen raspberries, or fresh work too
- 1 bottle Sparkling Grape Juice

### DIRECTIONS

1. In a small pitcher mix frozen lemonade concentrate and three cups of water.
2. For ice-cubes sprinkle raspberries into an ice cube tray and then slowly pour the raspberry lemonade mix over them. Set the remaining drink mix aside until later.
3. When ready to serve add ice cubes to each glass and pour about one tablespoon of the raspberry lemonade in the bottom of each glass.
4. Top off the glass with sparkling grape juice and toast!

-Alexa Gudelsky, MPH  
Health & Outreach Educator at Family Centers, Inc.

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## *Ginger Shandy*

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### **INGREDIENTS**

- 8 ounces large non-alcoholic beer
- 8 ounces ginger ale or seven up/sprite
- Over Ice

### **DIRECTIONS**

Mix the non-alcoholic beer with soda of choice. Serve over ice.

**“Nice on a hot day!”**

-Ingrid Gillespie  
Liberation Programs, Inc.



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