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a presentation for your school or
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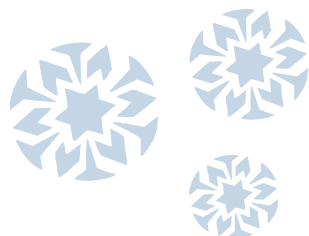


The staff of the
**National Council on Alcoholism and
Drug Dependence-Rochester Area**
wishes you and your family a safe holiday season with
Alcohol-Free Drinks for the Holidays



Southern Style Eggnog

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



Directions:

While beating egg yolks, gradually add 1/4 cup sugar and salt. Stir in milk and cream gradually. Cook 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 remaining 1/4 cup sugar. Beat the refrigerated mixture until smooth and frothy. Fold in beaten egg whites. Sprinkle with nutmeg and garnish with whipped cream. Makes two quarts.

Sparkling Punch

1 cup unsweetened pineapple juice
1 cup orange juice
juice of two lemons
juice of two limes
11 oz. sparkling water



Directions

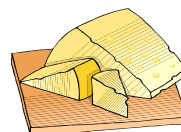
Mix all ingredients in a pitcher. Pour over ice cubes made of sparkling water. Makes 4 servings.



Party Tip #1

Avoid making alcohol the main focus of social events. Entertain guests with music, dancing, games, food and lively conversation.

If recipe call for:	Substitute in equal amounts (usually):
Sweet sherry	Apple cider
Sherry	Orange or pineapple juice
Dry Vermouth	Apple juice
2 tablespoons of Bourbon	2 tablespoons of vanilla extract
Grand Marnier or other orange-flavored liqueur	Unsweetened orange juice concentrate
Coffee liqueur	Coffee made four to six times stronger or double-strength espresso
Other fruit liqueur	Use the syrup from canned fruit (reduce by boiling)
White wine	White grape juice, chicken broth, ginger ale
Red wine	Red grape juice, beef broth, tomato juice
Champagne	Ginger ale
Claret	Grape juice, or syrup from cherry cider
Kirsch	Syrup or juice from black cherries, raspberries, boysenberries, currants, grapes or cherry cider
Cognac	Juice from peaches, apricots or pears
Cointreau	Orange juice, frozen orange juice concentrate
Crème De Menthe	Spearmint extract or oil of spearmint diluted
Beers or ale	Chicken broth, white grape juice, or ginger ale
Brandy	Apple cider, peach or apricot syrup
Rum	Pineapple juice or syrup flavored with almond extract
Flambé or Flaming Deserts	The only substitute that might be used is a sugar cube soaked in lemon extract, then set atop a desert and burn



Party Tip #4

Provide guests with nutritious and appealing foods to slow the effects of alcohol. High protein foods like cheese and meats stay in the stomach much longer, which slows down the rate at which the body absorbs alcohol. Avoid salty foods that encourage people to drink more.

Frosty Mocha

1/2 gal. chocolate ice cream, softened
8 cups coffee, chilled
1 pint Half & Half
1 tsp. almond extract
1/8 tsp. salt
1 square semi-sweet chocolate, grated
1/4 tsp. ground cinnamon

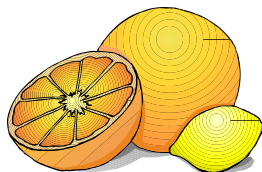


Directions:

With mixer at low speed, beat ice cream and 3 cups coffee until smooth. In chilled 5-6 quart punch bowl, stir ice cream mixture, Half & Half, almond extract, salt and 5 cups coffee until blended. Sprinkle top with grated chocolate and cinnamon. Makes 16 8-oz. servings.

Citrus Cider

2 quarts apple cider or apple juice
3 cups water
1 6-oz. can frozen orange-pineapple juice concentrate, thawed
1/2 cup light molasses
4 inches stick cinnamon
1 tsp. whole cloves



Directions:

Combine cider, water, juice concentrate, molasses, cinnamon and cloves. Simmer for 10 minutes. If desired, float apple slices on top of cider. Makes 24 servings.



Party Tip #3

Did you know that one in three adults prefer a non-alcoholic beverage? Make sure to offer plenty of non-alcoholic choices such as sparkling water, juice drinks, and soft drinks.

Colossal Virgin Piña Colada

2 cups skim milk
2 cups unsweetened pineapple juice
1 tb vanilla extract
1 tb coconut extract
2 tb sugar
ice cubes
mint sprigs for garnish-opt



Directions:

Combine all ingredients, except ice cubes & mint, in a blender container and blend on high speed until frothy. Pour into 6 tall glasses filled with ice cubes. Garnish with mint sprigs, if desired. Thicker variation: Omit ice cubes. Freeze the pineapple juice in ice-cube trays, blend these cubes with the other ingredients and garnish with mint. Makes 6 servings.

Cranberry Sangria (Non-Alcoholic)

Ingredients

1 1/2 cups Grape juice
1 1/2 cups Pomegranates juice
2 cups Cranberry Juice
1 cup Strawberry
1 cup Blueberries

1 Orange sliced
3 cups club soda
1 1/2 tbsp Lemon juice
1 Red apple sliced



Directions:

Now mix all the grapes juice, pomegranate juice, cranberry juice, lemon juice and club soda in mix fruit pitcher. Refrigerate it for a minute and serve it chilled.

Faux Pink Champagne

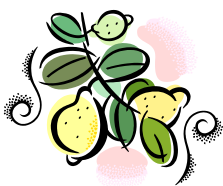
1 1/2 cups sparkling apple cider, chilled
1 1/2 cups sparkling cherry-flavored mineral water, chilled
1 cup cranberry juice cocktail, chilled

Directions:

Combine & pour into 4 glasses. Serve immediately. This would have to be combined at the time of serving so that it stays bubbly. Makes 4 servings.

No Tequila Margarita

12 ounces lemonade frozen concentrate, thawed
12 ounces limeade frozen concentrate, thawed
1 cup powdered sugar or substitute
4 egg whites
6 cups crushed ice
1 quart club soda
lime slices
course salt



Directions:

In a 4-quart non-metal container, mix together the first 5 ingredients. Cover and freeze, stirring occasionally. Remove container from freezer 30 minutes before serving. Spoon 2 cups slush mixture into blender, add 1 cup soda. Blend until frothy. To serve, rub rim of glass with lime slice and if desired, dip rim in course salt. Fill glass. Garnish with lime slices. Makes 8 servings.

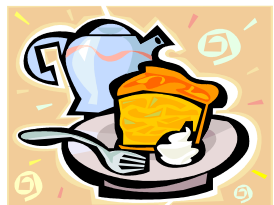


Ginger Mint

1 whole fresh lime
ginger ale
fresh mint

Directions:

Squeeze fresh lime juice into a tall frosted glass. Add some ice cubes and fill with ginger ale. Stir, and top with sprigs of fresh mint. Makes one tall glass.



Party Tip #2

Stop serving drinks at least one hour before the end of the event. Instead serve coffee, non-alcoholic beverages, and desserts.

Pink Mist

5 oz. grapefruit juice
1 oz. grenadine
2 oz. pina colada mix
splash of seltzer

Directions:

Blend ingredients and serve over ice. Garnish with pineapple and cherry. Makes one serving.



Mistletoe Punch

1 6-oz. can frozen lemonade concentrate, thawed
1 6-oz. can frozen orange juice concentrate, thawed
6 cups water
1/2 cup grenadine syrup
1 quart ginger ale, chilled

Directions:

Combine all the ingredients, except last two, in a punch bowl. Just before serving, add some ice cubes and gently stir in the grenadine and ginger ale. Garnish with lemon slice and maraschino cherry. Makes 30 punch cup servings.

Cranberry Tea Punch

2 32-oz. bottles cranberry juice cocktail
2 cups brewed tea
1/2 cup sugar
1/4 cup lemon juice
1/4 tsp. ground cloves
1 small lemon, thinly sliced



Directions:

Over high heat, combine juices, cloves, tea and sugar until sugar is dissolved and punch is hot, stirring occasionally. Float lemon slices in punch. Makes 10 cups.