

# Dry January

## Current alcohol guidelines:

It is currently recommended to drink **no more than 14 units a week** over 3 days or more. **This is for men and women.**

A unit is approximately 1 glass (175ml) of wine or a pint of 4% beer. Benefits of drinking less alcohol include weight loss, lower blood pressure, better quality sleep and save money!

To help you drink a little less this January, the pharmacy team have put together some delicious mocktail recipes for you to try.



### Virgin pina colada serves 2

**1 bag of frozen pineapple chunks**  
**4 scoops of ice cream**  
**100ml coconut milk**  
**50ml pineapple juice**

1. In a blender, blend together frozen pineapple, ice cream, coconut milk, and pineapple juice.
2. Divide between glasses and garnish with a pineapple wedge and maraschino cherry.

### Mojito mocktail serves 2

**1tbsp sugar**  
**Handful mint**  
**3 limes juiced**  
**Soda water**

1. Mash up the mint with the sugar in a pestle and mortar (or bowl with a rolling pin)
2. Put a handful of crushed ice into 2 tall glasses. Divide the lime juice between the glasses with the mint mix. Add a straw and top up with soda water.

### Lemon Drop Martini Mocktail serves 1

**½ lemon zested + 15ml juice**  
**1 tbsp caster sugar**  
**50ml alcohol free gin (or water)**  
**1 tsp white wine vinegar**  
**1 tbsp marmalade**  
**Ice**

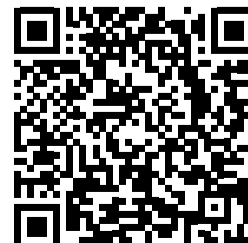
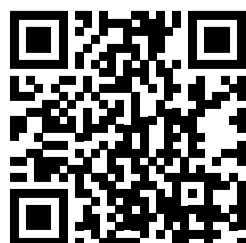
1. Combine the zest and sugar on a plate. Dip the rim of the glass in water and then into the sugar mix.
2. Put all of the ingredients into a cocktail shaker with a handful of ice. Shake until the outside of the shaker is cold. Strain into the glass.

### Summer cup mocktail serves 1

**1cm thick slice of cucumber**  
**1 sprig mint**  
**few frozen red berries**  
**120ml clear, sparkling lemonade**  
**Ice**

1. Chop the cucumber and mint sprig into small pieces.
2. Bring 200ml water to the boil in a small pan and then add the mint and cucumber. Turn off the heat and leave for 2 mins. Add a small handful of frozen berries, let them defrost for a minute, then crush them lightly with the back of a spoon.
3. Strain the mixture. This will keep in the fridge for up to 24 hours and will be enough to make four drinks.
4. Pour 40ml of your strained mixture into a tall glass.
5. Add a handful of ice and top up with 120ml lemonade.
6. Garnish with whatever chopped fruit you like or some more frozen berries and mint leaves if you have them. Stir gently to combine.

Useful  
Websites:



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mocktail ideas