



FASD



mocktail
madness

Have an alcohol
free pregnancy

Fetal Alcohol Spectrum Disorder Awareness (FASD)

- **There is no safe kind of alcohol to drink during pregnancy.**
 - **There is no safe time to drink alcohol during pregnancy.**
 - **There is no safe amount of alcohol to drink during pregnancy.**
 - **FASD is preventable.**
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- FASD is a leading cause of preventable birth defects and growth delays.
 - FASD is not curable. A child will not grow out of it.
 - It is estimated that 1 baby in every 100 born in Canada has FASD.
 - Partners, family and friends can help pregnant women to stop drinking by being supportive and encouraging.

If you have any questions contact **519-663-5317 ext. 2280**

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* from www.LCBO.com

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Peach Raspberry Smoothie

- 1 cup unsweetened frozen raspberries
- $\frac{3}{4}$ cup 100% orange juice
- 1 cup of peach flavoured yogurt

Place all ingredients in blender, cover and blend until smooth.

Fresh Mango Shake

- 1 small mango quartered, pitted & peeled
- $\frac{3}{4}$ cup vanilla yogurt
- $\frac{1}{3}$ cup orange juice
- 2 ice cubes

Place all ingredients in blender, cover and blend until smooth.



Apple Cinnamon*

Fill a goblet with ice, add:
2 oz cranberry juice
4 oz chilled apple cider

Stir to mix. Garnish with a cinnamon stick.

Downtown Splash*

Fill a goblet with ice, add:
3 oz apple juice
2 oz cranberry juice
Top with 1 oz lemon-lime soda

Garnish with a red apple slice.



Chocolate Monkey Smoothie

- 1 cup chocolate milk
(frozen in ice cube containers)
- 1 medium banana
- 1 cup vanilla yogurt

Place all ingredients in blender, cover and blend until smooth.

Peachy Freeze

- $\frac{3}{4}$ cup cold milk
- $\frac{3}{4}$ cup chilled peaches
- $\frac{1}{4}$ cup vanilla frozen yogurt

Place all ingredients in blender, cover and blend until smooth.



Banana Blast Smoothie

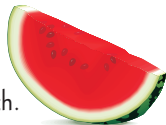
- 1 cup vanilla soya beverage
- 1 banana
- 1 cup mixed berries or canned peaches
- dash of honey

Place all ingredients in blender, cover and blend until smooth.

Watermelon Smoothie

- 2 cups seeded watermelon chunks
- 1 cup cracked ice
- ½ cup plain yogurt
- 2 tbsp sugar
- ½ tsp ground ginger

Place all ingredients in blender, cover and blend until smooth.



Homecoming Mocktail*

1 tbsp. chocolate syrup
2 oz milk or cream
2 oz chilled coffee
mint

1. In a cocktail shaker filled with ice, add chocolate syrup, milk or cream and chilled coffee.
2. Shake and strain into a glass of ice.
3. Garnish with mint.



Cherry Blast Smoothie

- 2 cups sweet cherries, pitted
- 1 cup of ice
- 1 cup of plain yogurt
- 2 tbsp brown sugar, packed

Place all ingredients in blender, cover and blend until smooth.

Berry Blue Smoothie

- 2 cups frozen blueberries
- 8 oz vanilla yogurt
- 1 cup milk
- 6 oz unsweetened pineapple juice
- 1 cup ice

Place all ingredients in blender, cover and blend until smooth.
Slowly add ice.



Berry Banana Smoothie

- 1 small frozen banana
- ¼ cup fresh or frozen berries
- 1 cup orange juice
- 3 tbsp vanilla yogurt

Place all ingredients in blender, cover and blend until smooth.

Rainbow Cooler*

- In a cocktail shaker filled with ice, add:
- 2 oz each of orange, pineapple and passion fruit juice
 - Juice of ¼ fresh lemon
 - 1 tsp grenadine

Shake until chilled and strain into a highball glass filled with ice.
Garnish with fresh kiwi.



Chocolate Coffee Cooler

2 cups milk

2 tbsp sugar

2 tbsp unsweetened cocoa powder

1 tbsp instant coffee crystals

1 cup ice

Whipped topping

Combine all ingredients except ice and blend until smooth. Add the ice and blend until ice is crushed. Pour into chilled glasses and top with whipped topping (if desired).



Blackberry Kiwi Smoothie

2 ½ cups kiwi peeled

½ cup blackberries

½ cup orange juice

2 tbsp plain yogurt

Place all ingredients in blender, cover and blend until smooth. Chill before serving.

Tropical Orange Crush

2/3 cup orange juice

1 ring of pineapple

1 tsp lemon juice

Place all ingredients in blender, cover and blend until smooth.

Serve over ice cubes.



English Garden Sipper*

Fill a cooler glass with ice, add:

4 oz iced tea

4 oz raspberry juice

Garnish with fresh lemon and raspberries.

Gentle Breeze*

Fill a goblet with ice, add:

4 oz cranberry juice

4 oz grapefruit juice

Garnish with a fresh cranberry and mint leaf.



Groovie Smoothie

- 1 cup frozen strawberries
- 1 small ripe banana
- 1 cup frozen yogurt
- 2/3 cup milk

Place all ingredients in blender, cover and blend until smooth.

Banana Peach Smoothie

- 16 oz peach slices in juice, canned
- 1 ripe banana
- 1/4 tsp nutmeg
- 1/4 tsp vanilla extract

Place all ingredients in blender, cover and blend until smooth.



Peaches and Cream Smoothie

- 2 cups frozen unsweetened peach slices
- 1 $\frac{3}{4}$ cups milk
- $\frac{1}{2}$ cup pineapple chunks
- $\frac{1}{2}$ tsp honey
- 1 tsp vanilla

Place all ingredients in blender, cover and blend until smooth.

Frosty Pine-Orange Yogurt Smoothie

- 1 $\frac{1}{2}$ cups orange juice
- 1 $\frac{1}{4}$ cups vanilla yogurt
- $\frac{1}{2}$ cup pineapple chunks

Place all ingredients in blender, cover and blend until smooth.



Veggie Smoothie

2 cups tomato juice or vegetable cocktail

½ cup fresh or canned carrot juice

1 tsp tabasco

1 tsp lemon juice

4 spinach leaves

12 ice cubes

Place all ingredients in blender, cover and blend until smooth.



Sparkling Berry Punch

6 cups cranberry juice
2-12 oz cans gingerale
1/4 tsp almond extract

Combine all in punch bowl. Serve immediately over ice.

Lemon Fizz

4 cups apple juice
1/4 cup lemon juice
2 cups club soda
8 strips lemon peel

In pitcher, combine apple juice and lemon juice.
If serving drinks at once, add soda. If serving individually,
half glass with soda and top with juice mixture.



Breakfast Smoothie

1 large ripe banana

2 tbsp wheat germ

$\frac{1}{4}$ - $\frac{1}{2}$ cup almond flavored or fruit flavored soft tofu

6 tbsp yogurt

$\frac{1}{2}$ cup strawberries (any fruit will do)

$\frac{1}{2}$ cup unsweetened orange juice

Place all ingredients in blender, cover and blend until smooth.



Fruity Punch

- 4 cups orange juice
- 2 cups pineapple juice
- 2 cups peach nectar
- 2 tbsps strawberry syrup

In a large pitcher, stir all liquids. Chill and serve over ice.

Sunshine with a Bite

- 4 cups peach nectar
- 4 cups grapefruit juice
- 4 cups club soda

Combine; serve with ice.



Purple Cowboy

- 3 cups vanilla frozen yogurt
- 1 cup milk
- 1 cup frozen grape juice concentrated
- 1 tsp lemon juice

Place all ingredients in blender, cover and blend until smooth.

Sunrise Splash

- $\frac{3}{4}$ cup cranberry juice
- $\frac{1}{2}$ cup orange juice
- 1 tsp honey
- 1 tsp lemon juice
- 6 ice cubes

Serve in cocktail glass and garnish with orange slice and cherry.



Chocolate Peanut Butter Smoothie

- 1 small ripe banana
- 1 ½ cup milk
- ¼ cup smooth Peanut Butter
- ½ tsp vanilla extract
- 2 tbsps chocolate syrup

Place all ingredients in blender, cover and blend until smooth.

Orange Smoothie

- 1 cup frozen yogurt
- ¾ cup milk
- ¼ cup frozen orange juice concentrated



Place all ingredients in blender, cover and blend until smooth.

Supper Sipper*

In a goblet filled with ice, add:

3 oz grape juice

3 oz lemonade

Top with sparkling water and garnish with lemon wheel.

Tropical Spritzer*

In a glass filled with ice, add:

3 oz mango juice

3 oz peach juice

Top with soda water and stir to mix. Garnish with a star fruit.



Evergreen*

To a heat proof mug, add 1 tsp peppermint extract.
Add 3 oz. hot coffee and 3 oz. hot chocolate.

Top with whipped cream and garnish with a peppermint candy stick.

Carolling Cup*

To a saucepan, add 3 cloves,
1 stick cinnamon and the peel of 1 whole orange
Add 8 oz. apple cider. Heat almost to a boil.

Remove cloves, cinnamon and
orange peel and pour into a heat proof mug.

Garnish with a fresh clementine skewer.



Festive Smoothie*

In a blender combine:

1/4 cup applesauce

1/4 cup vanilla ice cream

1/4 cup apple juice

1/8 tsp vanilla extract

1/2 cup ice

Place all ingredients in blender, cover and blend until smooth.

Pour into cocktail glass and garnish with an apple wheel
dipped in ground cinnamon.



Variations and Substitutions

- Where recipe calls for a specific kind of frozen fruit you may substitute any frozen fruit.
- Where recipe calls for 100% fruit juice you may substitute any kind of 100% fruit juice.
- Where recipe calls for vanilla yogurt you may use any flavour.
- Frozen fruits create a thicker smoothie.
- Add a spoonful of peanut butter, vanilla or almond extract for a punch of flavour.
- Avoid canned fruit packed in syrup; Use fruits packed in own juice or pear juice.
- Blend uncooked oats into a smoothie for a thicker consistency and extra fibre.
- When using dairy products such as milk, yogurt or cottage cheese, use lower fat products (2% milk fat or less) for less fat and calories.



Middlesex-London Health Unit

50 King St.,
London Ontario N6A 5L7

Telephone: 519-663-5317 ext. 2280

Fax: 519-663-9581





No Amount is Safe



- a beer, a glass of wine or one shot of liquor have about the same amount of alcohol
- the safest choice during pregnancy is no alcohol at all
- FASD is preventable

Adapted with permission from Southwest Ontario Aboriginal Health Access Centre