

# 6 Family Friendly Holiday Mocktail Recipes E-Book



# CHEERS!

We are happy to share with you a few of our very Favorite Family Friendly Holiday Mocktails.

Traditionally, we click our glasses and toast to a Happy Holiday! with a drink.

It's nice to have a simple bar set up that is well stocked with fruit juices, sparkling water or club soda, ginger ale, and of course for those who enjoy something a little different add some sparkling wine or fruit liquors.

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# WHITE HOT CHOCOLATE

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## INGREDIENTS

~1 or 2 quarts of milk (use any milk you prefer – I used 2% milk, it makes a nice little froth. Skim milk makes even more froth if you want to use it)

~4 or 8 squares of white chocolate, chopped Chocolate, Caramel, or Butterscotch Syrup for garnish (optional)

~Scoop of vanilla ice cream for each drink (optional)

~Whipped cream for garnish (optional)



## DIRECTIONS

1. Chop up the chocolate and set aside.

2. Heat the milk in a small saucepan on low-medium heat. It takes only about a minute or two.

3. Pour the milk into a blender. Leave a portion of the top open and lay a towel over the top to prevent the milk from splashing out. Blend for 10 seconds or so.

4. Add in about  $\frac{3}{4}$ 's of the chopped chocolate and blend for another 10-20 seconds. The chocolate will melt.

5. Pour into glass filling only half way if you are going to add a scoop of ice cream.

Add whipped cream. (optional)

Drizzle with syrup and white chocolate shavings.

(optional)

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# SPICED HOT APPLE CIDER

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## INGREDIENTS

- ~2 qts. apple cider
- ~1/4 cup granulated Monk Fruit (or use your preferred sugar alternative)
- ~1-2 oranges, peeled and squeezed (add the peel and the fresh squeezed orange juice to the pot), save some peel and slices to add to glasses
- ~1/2 teaspoon whole cloves
- ~1/4 teaspoon ground nutmeg
- ~3 cinnamon sticks



## DIRECTIONS

- 1.-Add all the ingredients into the pot. Heat to boiling and then reduce heat to simmer for approximately 10 minutes.
- 2.-When ready to serve strain the hot cider to remove the peels and spices.  
Serve Hot.

# EASY MULLED WINE "GRAPE JUICE"

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## INGREDIENTS

- ~ 1 bottle red wine - OR Use grape juice & apple juice to make a Family Friendly Holiday Mocktail
- ~2 oz. brandy or fruit liquor (optional)
- ~4-6 whole cloves
- ~2 cinnamon sticks
- ~3 whole cloves
- ~1 orange sliced
- ~1 tsp. orange zest
- ~1 tsp. lemon zest
- sliced fruit (orange, apple, pear, etc., optional)
- ~2-4 tbs. honey or maple syrup

## DIRECTIONS

- 1.-Using a Coffee Percolator, add the spices and zest to the coffee basket.
- 2-Use grape juice OR apple juice, & add the honey or maple syrup into the coffee pot.
- 3-Place the coffee basket into the pot and cook for about 1 hour on a low heat so that the wine will gently percolate.
- 4-Do not let it boil, just cook slow about 1 hour to allow the flavors to blend. Add the fresh sliced fruit to the hot juice and let it sit for 20 minutes.
- 5-Keep on a very low heat to keep warm and serve when you are ready.



# LEMON GINGER TEA

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## INGREDIENTS

- ~1/4 of fresh lemon
- ~1 tsp. grated fresh ginger
- ~1 tsp. honey
- ~10 oz. filtered water, boiled
- ~Fresh Mint Leaves (optional)

## DIRECTIONS

1. Squeeze the juice from the lemon into a large glass.
2. Add in the grated ginger and honey.
3. Pour in the boiling water. Stir well and let sit for 10 minutes. (I strained the mixture to remove some of the chunks of ginger. If you enjoy the ginger certainly leave it as is.)
4. I added fresh mint for flavor and garnish.



# DAIRY FREE PEPPERMINT HOT CHOCOLATE

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## INGREDIENTS

- ~2 cups Cashew Milk
- ~1 cup Almond Milk
- ~3 or 4 tbs. unsweetened Cocoa Powder,
- ~3 mini candy canes
- ~2 mini candy canes, crushed (add more if you are making additional cups)
- ~2 tsp. vanilla extract

## Peppermint Garnish:

- ~1/3 cup white chocolate chips
- ~crushed peppermint candy canes



## DIRECTIONS

1. Chop 2 candy canes for garnish and set aside. Save the 3 remaining candy canes for stirrers.
2. Melt the white chocolate chips in the microwave at 20 second intervals, stirring until melted.
3. Dip the rims of the cups into the melted white chocolate. Then immediately dip the rims into the crushed peppermint. Set aside.
4. In a 4 quart saucepan heat up the milk. When warm stir in the cocoa powder. Cook on medium heat continually stirring well until the cocoa powder is dissolved.
4. Add in the vanilla and peppermint extract. Pour into cups. Top with Coconut Whipped Cream and crushed candy canes. Add a candy cane for stirring.

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# FRESH ORANGE JUICE STRAWBERRY SMOOTHIE

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## RECIPE

**Special Equipment: Blender**

## INGREDIENTS

- ~2 large fresh navel oranges, peeled
- ~1 cup fresh strawberries, stems removed
- ~1 tbs. flaxseed (I use fine milled or you can grind the flaxseeds in your blender or coffee grinder)
- ~4 oz. filtered water
- ~ice cubes (1/2 cup-1 cup, your choice)

## DIRECTIONS

- #1. Use a high speed blender, add oranges, strawberries, flaxseed along with the water and ice cubes.
- #2. Blend until everything is smooth - my blender runs for approx. 55 seconds for a smooth juice and the ice well blended.



**The Winter Holiday Season  
brings together Family and  
Friends.**

**These very easy Family  
Friendly Mocktail recipes can  
be made all season.**

**Enjoy the Season and share a  
toast with your family and  
your Holiday Guests.**

*Happy Holidays!*

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